

UAS Daily Dish Schedule - Week 1

Available Daily: Pasta with Sauce and Sauteed Vegetables

Week 1	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
Chicken	Grilled Chicken Breast	Chinese Chicken in Lemon Sauce	Chicken Biryani	Mixed Grill (Taouk) and Chicken Manchurian	Baked Chicken and Potato
Meat	Chinese Beef in Oyster Sauce	Beef Stroganoff and Lasagna Bolognese	Daoud Basha (Meatballs in Tomato Sauce)	Steak in Mushroom Sauce	Lasagna Bolognese
Vegetarian	Vegetable Lasagna and Vegetable Fried Rice and Potato w/ Herbs	Stir Fried Mixed Vegetables and Vegetable Fried Rice	Vegetable Manchurian and Vegetable Noodles	Sweet and Sour Vegetable and Vegetable Fried Rice	Mixed Vegetable in Curry Sauce and Vegetable Chow Mein
Fish	Sayadieh (Rice + Fish)		Grilled Fillet Hammour		Seafood Paella



UAS Daily Dish Schedule - Week 2

Available Daily: Pasta with Sauce and Sauteed Vegetables

Week 2	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
Chicken	Chicken Tikka	Chicken in Soy Sauce	Chicken with Baby Corn Sauce	Mixed Grill (Taouk)	Chicken Emince
Meat	Meatballs	Baked Kafta and Potato	Lasagna Bolognese and Green Peas w/ Meat	Mixed Grill (Veal) and Mahshi Malfouf (Stuffed Cabbage)	Oriental Rice with Lamb
Vegetarian	Mixed Vegetable in Tomato Sauce and Vegetable Fried Rice and Rosemary Potato Cubes	Vegetable Lasagna and Vegetable Fried Rice	Mixed Vegetable in Clear Sauce and Vegetable Noodles x/ White Rice	Mixed Vegetable in Oyster Sauce and Vegetable Fried Rice	Vegetable Manchurian and Vegetable Noodles
Fish	Grilled Hammour		Fillet Hammour in Tomato Sauce		Fillet Hammour in Curry Sauce



UAS Daily Dish Schedule - Week 3

Available Daily: Pasta with Sauce and Sauteed Vegetables

Week 3	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
Chicken	Lebanese Kabsa and Chinese Chicken w/ Vegetables	Chicken Escalope	Mexican Chicken and Chinese Sweet & Sour Chicken	Mixed Grill (Taouk) and Chinese Chicken in Garlic Sauce	Chicken Manchurian
Meat	Beef Philadelphia	Lasagna Bolognese and Chinese Meat w/ Mushroom	Lamb Biryani	Lasagna Bolognese	Roast Beef
Vegetarian	Vegetable Lasagna and Vegetable Noodles	Mixed Vegetables in Tomato Sauce and Vegetable Fried Rice	Mixed Vegetable in Clear Sauce and Vegetable Fried Rice	Vegetable Noodles and Chinese Fried Rice	Szechuan Vegetables and Vegetable Fried Rice
Fish	Fish Fillet (Pane)		Vish in Tajen Sauce		Fish Kabsa



UAS Daily Dish Schedule - Week 4

Available Daily: Pasta with Sauce and Sauteed Vegetables

Week 4	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
Chicken	Chicken in Pomegranate Sauce	Grilled Chicken and Sliced Chicken with Mixed Vegetable	Kabsa (Saudi Traditional Dish)	Mixed Grill (Taouk)	Chicken Shawarma
Meat	Lasagna Bolognese	Stuffed Zucchini and Wine Leaves	Meatballs	Mixed Grill (Veal) and Chinese Meat w/ Bamboo Shoots	Lasagna Bolognese
Vegetarian	Mixed Vegetables in Curry Sauce and Vegetable Fried Rice	Vegetable Lasagna and Chinese Fried Rice	Stir Fried Mixed Vegetables and Vegetable Noodles	Vegetable Spring Roles and Vegetable Noodles	Potato Cubes with Green Pepper and Vegetable Fried Rice
Fish	Grilled Hammour		Sayadieh (Rice and Fish)		Sweet & Sour Shrimp/Fish

