

Hot meal menu for 2022-2023 for public schools

Notes: Chicken stock cubes such as Maggie, Conor or any other product should not be added and no MSG should be added

No	Product	Portion Size	Starch	Protein	Vegetables
1	Chicken Biryani with Side Veg	350 GM	180 GM	130 GM	40 GM
2	Vegetables Biryani with Side Veg	350 GM	180 GM	130 GM	40 GM
3	Chicken Kabsa with Side Veg	350 GM	180 GM	130 GM	40 GM
4	Mandi Chicken with Side Veg	350 GM	180 GM	130 GM	40 GM
5	Chicken Arrabiata Pasta with Side Veg	350 GM	180 GM	130 GM	40 GM
6	Beef Lasagna	350 GM	180 GM	130 GM	40 GM
7	Spaghetti Bolognese with Side Veg	350 GM	180 GM	130 GM	40 GM
8	Vegetables Pasta with Side Veg	350 GM	180 GM	130 GM	40 GM
9	Baked Potato stuffed with Side Veg	350 GM	180 GM	130 GM	40 GM
10	Koshari with Side Veg	350 GM	180 GM	130 GM	40 GM