






LFiA Food Menu






1st week

1st week	Sunday	Monday	Tuesday	Wednesday	Thursday
					
Salade	Tomato Cherry Salad	Mexican Quinoa Salad	Sweet Corn Salade	Mexican Salad	Mexican Salad
Main Course	Chicken Curry	Chicken Fajitas with Tortilla Bread	Beef Kofta W/Tomato Sauce-White Rice	Spinach and Ricotta Cannelloni	Lamb Mansaf With Yellow Rice
Side dish	Steamed Rice	Avocado Dip	Mediterranean Quinoa	Hummus Dip W/Vegetables	
Vegetables dish	Sauté Vegetables				
Juice	Juice or water				

3.5 JOD / Meal

Order has to be made through the cafeteria between 8 a.m. and 8:30 a.m.






LfiA Food Menu 2nd Week

2nd week	Sunday	Monday	Tuesday	Wednesday	Thursday
					
Salade	Cucumber Yogurt Salad with mint leaves	Sweet Corn Salad	Cesar Salad /Low-fat	Halloumi, Tomato and Olive Salad	Fattoush Salad
Main Course	Cooked Freekah W/ Chicken Breast	Crispy Tacos Stuffed	Chicken Fettuccine alfredo	Beef Stroganoff	Spaghetti W/Meatballs and Cheese Parmesan
Side dish		Avocado Puree		Boiled Rice	Margarita Pizza
Vegetables dish	Sauté Vegetables	Roasted Vegetable Stack	Grilled Vegetables	Marinated Grilled Zucchini	Steamed Vegetables
Juice	Juice or water				

3.5 JOD / Meal

Order has to be made through the cafeteria between 8 a.m. and 8:30 a.m.






LFiA Food Menu 3rd Week

3rd week	Sunday	Monday	Tuesday	Wednesday	Thursday
					
Salade	Vegetables Noodles' Salad	Greek Salad	Arabic Salad	Mixed Bean Salad	Caesar Salad
Main Course	Pineapple Chicken	Beef Enchilada with Tortilla Bread	Kibbeh Labanieh	Vegetables Lasagna	Lamb Mansaf with Yellow Rice
Side dish	Fried Rice		W /Steamed White rice		
Vegetables dish	Sauté Vegetables	Avocado Dip	Green Beans in Tomato Sauce	Marinated Grilled Zucchini	
Juice	Juice or water				

3.5 JOD / Meal

Order has to be made through the cafeteria between 8 a.m. and 8:30 a.m.

LFiA Food Menu 4th Week

4th week	Sunday	Monday	Tuesday	Wednesday	Thursday
					
Salade	Tahini Salad	Sweet Corn Salad	Mixed Green Salad with Carrot	Greek Salad	Coleslaw Salad
Main Course	Fried Fillet Fish Served W/Slice Fresh Lemon	Beef Steak with Mushroom Sauce	Green Beans W/Tomato Sauce-Beef cubes	Grilled Chicken Breast with Oregano Sauce	Mac Cheese
Side dish	Sayadia Rice	Mashed Potato	White rice	Steamed Rice	
Vegetables dish	Steamed Vegetables	Marinated Grilled Vegetables	Steamed Vegetables	Marinated Grilled Zucchini	Baked Chicken
Juice	Juice or water				

3.5 JOD / Meal

Order has to be made through the cafeteria between 8 a.m. and 8:30 a.m.