



THE AGA KHAN ACADEMY MAPUTO

LUNCH MENU

SAMPLE MENU

MONDAY

Fish Fillet with Lemon butter
sauce
Sautéed Vegetables
Chickpeas curry
Rice
Fruit

WEDNESDAY

Chicken soup (Canja)
Beet salad
Pasta Penne with
white sauce and cheese
Fruit

FRIDAY

Cucumber, olive and feta salad
Chicken schnitzel
Fried Potatoes
Mixed baked vegetables
Fruit

TUESDAY

Coconut Grilled
chicken (zambeziána)
Black beans
Matapa
Rice or Xima
Fruit

THURSDAY

Cucumber and tomato salad
Minced meat balls
Dhaal curry
Rice
Fruit

SATURDAY

Coleslaw salad
Chicken stroganoff
Red beans
Rice
Fruit

SUNDAY

Lettuce, cucumber and tomato salad
Roast lamb with onions
Grilled chicken
Savory rice
Ice cream



THE AGA KHAN ACADEMY MAPUTO

DINNER MENU

SAMPLE MENU

MONDAY

Coleslaw salad
Stir-fried beef liver
Stir-fried vegetables with sauce
Fruit

WEDNESDAY

Onion and tomato salad
Chicken pulao or biryani
Veg pulao or Biryani
Fruit and dessert of the day

FRIDAY

Butter chicken
Mix Vegetable curry
Rice
Fruit

TUESDAY

Garden salad
Mutton or lamb curry
Cauliflower curry
Rice
Fruit

THURSDAY

Chicken curry
Chickpeas curry
White rice
Fruit

SATURDAY

Cucumber and carrot salad
Beef or Veg burger
Jelly-custard
Fruit

SUNDAY

Thai noodle salad
Roast Turkey
Sautéed potatoes
Roasted Brinjal
Fruit