

ISD Cafeteria Service

June 2025



International
School
Dhaka

MEAL PLAN

Sunday 1st

Snacks:

Meat Box (Crispy Chicken, German Sausage, Baked Wedges)	274 Kcal
Mango Juice	150 Kcal
Seasonal Fresh Fruit Basket	

Lunch:

Tom Yum Soup	85 Kcal
Garlic Herb Toast	132 Kcal
Chicken Al forno	298 Kcal
OR	
Vegetable Baked Pasta (V)	175 Kcal
Creamy Baked Penne with Cheese	298 Kcal
Fresh Pears Salad	56 Kcal
Chocolate Mousse Cake	257 Kcal

Monday 2nd

Snacks:

Chicken Slider with Cheese	168 Kcal
Banana Pancake	161 Kcal
Cold Chocolate	151 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Asparagus	116
Garlic Brown Bread with Cheese	150
Herb Marinated Roast Beef	306
Slicewith Brown Onion Sauce	
OR	
Vegetable Gratin (V)	157
Mashed Potato	186
Apple Salad	196
Mini chocolate Donut balls	228

Tuesday 3rd

Snacks:

Chicken Sausage & Cheese Bun	240 Kcal
Mango yogurt	107 Kcal
MalTED Milk	60 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Clear Vegetable Soup	113 Kcal
Garlic bread with Cheese	176 Kcal
Herb Marinated Roast Beef Slice with Brown Onion Sauce	306 Kcal
OR	
Vegetable Gratin	157 Kcal
Mashed Potato	194 Kcal
Apple & Orange Salad	56 Kcal
Blueberry Mousse cake	257 Kcal

Wednesday 4th

Snacks:

Mini Pizza	263 Kcal
Orange Juice	167 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Cream of Carrot and Orange Soup	130 Kcal
Garlic & Herbs Bread	176 Kcal
Mixed Herbs-BBQ Grilled	360 Kcal
Chicken Thighs	
OR	
Baked Macaronni	175 Kcal
Potato Cheese Gratin	262 Kcal
Caesars Salad	71 Kcal
Broken Jelly custard pudding	102 Kcal

Sunday 15th

Snacks:

Chicken & Cheese Pie	225 Kcal
Mango Pancake	161 Kcal
Chocolate Milk Shake	133 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Roasted Pumpkin Soup	96 Kcal
Garlic Bread with Cheese	176 Kcal
Pan Pizza Mixed Chicken (Salami, Sausage, Chicken Tandoori, White sauce chicken)	325 Kcal
OR	
Vegetable Pizza (V)	286 Kcal
Baked Paprica Potato Wedges	160 Kcal
Mixed Garden salad	69 Kcal
Lava cake	234 Kcal

Monday 16th

Snacks:

Smoked Chicken Salami Sandwich	147 Kcal
Mixed Fruit Cake	292 Kcal
Mango Milk shake	150 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Chicken & Egg Drop Soup	131 Kcal
Spicy Cheese sticks	167 Kcal
Cheese & Spinach Stuffed Breast of Chicken with Creamy Lemongrass-Coconut Sauce	246 Kcal
OR	
Vegetable Creamy Alfredo (V)	210 Kcal
Mashed Potato	194 Kcal
Buttered Broccoli and Carrot	139 Kcal
Chocolate Cuties	180 Kcal

Tuesday 17th

Snacks:

Baked Sausage Rolls	291 Kcal
Chocolate Chips Muffin	270 Kcal
Fresh Fruit Juice	118 Kcal
Fresh Seasonal Fruit Basket	

Lunch:

Lemongrass & Chicken Broth	124 Kcal
Multi Grain Brown Bread	153 Kcal
Fried Rice with Crispy Fried Chicken Strips	310 Kcal
OR	
Fried Rice with Vegetable Tempura	205 Kcal
Cantonese Style Vegetable	87 Kcal
Greek Salad	128 Kcal
Chocolate Mud Cake with Icecream	212 Kcal

Wednesday 18th

Snacks:

Jamaican Chicken Patty	235 Kcal
Mixed Cookies	180 Kcal
Oreo Shake	135 Kcal
Seasonal Fresh Fruit Basket	

Lunch:

Minestrone Soup	146 Kcal
Soft Rolls (Brown Bread)	125 Kcal
Beef Steak	300 Kcal
OR	
Vegetable Lasagna (V)	276 Kcal
Garlic Butter Vegetable	139 Kcal
Caesar's Salad	71 Kcal
Classic Tiramisu	167 Kcal

Thursday 19th

Snacks:

Chicken vol au vent	112 Kcal
Mango Pudding	102 Kcal
Fresh Fruit Juice	118 Kcal
Fresh Seasonal Fruit Basket	

