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## Life Support Plan Rev 0

Project: <b>WO-LT-0093 – Kajaki CMS</b>	Date: <b>February 20, 2016</b>
Coordinates: <b>Lat 32°18'56.53"N Long 65°07'25.59"E</b>	Location: <b>Kajaki Dam, Helmand Province</b>

### PRESENTED TO

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**United States Agency for International Development (USAID)  
Office of Economic Growth and Infrastructure (OEGI)**

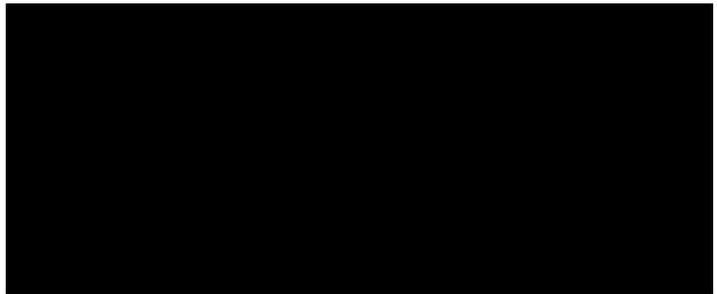
Great Massoud Road  
Kabul, Afghanistan

### PRESENTED BY

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**Tetra Tech, Inc.  
Afghanistan Engineering Support Program  
Contract No. EDH-I-00-08-00027-00  
Task Order No. 1**

Shash Darak  
Kabul, Afghanistan



### EXECUTIVE SUMMARY

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This Base Life Support Plan was prepared in fulfillment of Task 2b, under Long Term Work Order WO-LT-0093 Kajaki Construction Management Services (CMS). The Base Life Support Plan includes information regarding food services operations, as well as facilities maintenance activities and scope. This plan is submitted to USAID for review and acceptance, in accordance with the WO-LT-0093 Kajaki CMS Work Plan, approved on January 9, 2016.

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#### DISCLAIMER

The author's views expressed in this publication do not necessarily reflect the views of the United States Agency for International Development or the United States Government.

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## 1.0 FOOD SERVICES

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AMTEX will provide all personnel and food in support of the catering services to expatriate and local national personnel at Kajaki Dam as defined in the scope of work of this proposal. Specifics of the Scope are defined below:

**Place of Performance:** Kajaki Dam, Helmand Province

**Number of Expatriate Staff to be served:** 30

**Number of Local National Staff to be served:** 20

**Frequency of Delivery:** Bulk food items and frozen goods will be transported from Kandahar, Afghanistan weekly by means of air transportation provided by Tetra Tech.

Perishable food items such as eggs, fresh vegetables and fresh fruits will be sourced from the local market in Kajaki. Should these items not be readily available, AMTEX will utilize Tetra Tech air support to transport the required products from AMTEX Village and Business Park in Kandahar, Afghanistan to the project site at Kajaki Dam.

**Client Provided Facilities and Services:**

- Helicopter Air Lift for Project Personnel and Food
- Drinking Water
- All Facilities and Installations
  - Buildings
  - Structures
  - Refrigerated storage
  - Freezer storage
  - Dry storage
  - Furniture
- Equipment
  - Kitchen and cooking equipment
  - Dining hall equipment
  - Mess hall tables and chairs
  - Table linens
  - Glassware
  - Cutlery and crockery
  - Chiller and freezer
  - Refrigerators
  - Bakery equipment
  - Laundry equipment
  - Cleaning equipment (mop, broom, etc.)
  - First Aid
- Utilities
  - Electricity

- Cooking gas
- Potable water
- Sewage and waste storage and removal
- Consumables
  - Dishwashing Liquid, Hand washing Liquid, and Cleaning Chemicals
  - Trash Bags
  - Aluminum and Plastic Foil
  - Paper Products (napkins, kitchen paper, toilet paper, etc.)
  - Dishwashing Sponges and Cleaning Towels
  - Pest Control
- Accommodation and Life Support at Kajaki
  - Accommodation for AMTEX personnel
  - Toilet / ablution for AMTEX personnel
  - Security services

**AMTEX Provided Services / Facilities:**

- Perishable and non-perishable food items excluding drinking water
- Experienced and trained food services staff

## 1.1 FOOD SERVICES

AMTEX will provide meals to all expatriate and local national personnel as required under our contractual obligations seven (7) days per week, three (3) times per day to include, breakfast, lunch and dinner. All meals will be prepared and served in the respective dining facility. A sample food service menu is provided in Annex A.

### 1.1.1 Operational Timing

Normal dining hours are anticipated to consist of:

- Breakfast 6:00–7:30 A.M.
- Lunch 11:30-1:00 P.M.
- Dinner 5:00–6:30 P.M.

Additional dining hours are anticipated to consist of:

- Midnight Snack 11:00 P.M. – 12:30 A.M.

During normal dining facility hours, AMTEX will operate at full capacity relative to the number of personnel identified above at the respective expatriate or local national dining facility. For the Midnight Snack, AMTEX will operate a limited dining facility service for personnel unable to attend the normal breakfast or dinner meal due to their night shift duty.

Tetra Tech may, pursuant to this provision, direct AMTEX to provide extended services at an additional cost to Tetra Tech. Further, AMTEX will support any additional personnel outside of those mentioned within this proposal at an additional cost to Tetra Tech. AMTEX will be given maximum notice of any change. All extended hours or additional personnel to be serviced will be predicated on the demand for meals served in the dining facility and a projection of numbers will be supplied to AMTEX as soon as information becomes available or a demand occurs.

### 1.1.2 Serving Process

AMTEX will provide a cafeteria-style meal and menu during normal hours of operation consisting of hot food bar, salad bar, and beverage bar for all personnel. For midnight snack, AMTEX will provide a selection of premade sandwiches, soup, fruit and beverage. All meals, salad bar, and beverage bar will be self-serve.

For normal meals, AMTEX will set up serving lines no earlier than 20 minutes before scheduled serving hours. Set up will be complete and lines will be open for service not later than the scheduled start of each normal meal period. Food on serving lines will be covered until the serving line opens. For midnight snack, AMTEX will prepare/provide sandwiches, hot soup of the day, and fresh fruit. The midnight snack will be carryout only.

AMTEX will clean spills on serving line equipment within 2 minutes of occurrence. AMTEX will protect open food and beverages placed on display against patron and other source contamination. AMTEX will use separate serving utensils for each item served.

AMTEX will prepare items to ensure freshness and optimum flavor, color, texture, and nutritive value. AMTEX will replenish menu items throughout scheduled serving hours. AMTEX will remove all food from serving lines, to include salad bars, within 20 minutes after lines are closed to patron service. AMTEX personnel will be courteous and present a helpful attitude toward each patron. AMTEX will permit only employees whose uniforms are clean, neat and complete to serve food.

### 1.1.3 Food Quality

AMTEX will provide:

- Food Products – AMTEX will be responsible for the purchase and payment of all food products required as well as for the verification that such products are in conformance with minimum international standards.
- Food Preparation – AMTEX will prepare all food to the greatest extent possible, on the day it is to be served. Preparation methods will follow food nutritional practices to ensure that nutrients, textural and flavor characteristics of the food are maintained. Recipes may be adjusted to lower salt, sugar, and fat content or increase the use of whole wheat flour on menu items where the quality of the finished product is not degraded.

### 1.1.4 Storage

AMTEX is responsible for proper storage of subsistence items in Tetra Tech provided facilities. AMTEX will transfer Tetra Tech delivered subsistence items to appropriate storage locations. The AMTEX Supervisor will inspect such storage facilities on a daily basis, documenting environmental and temperature controls for the respective stored materials to ensure the facility meets acceptable food care standards and to prevent degradation of food products.

### 1.1.5 Transportation

Tetra Tech will provide the transportation of bulk and frozen food items by air transportation as required in support of this Kajaki life support mission. AMTEX, as part of our Quality Inspection Program, will inspect cargo at AMTEX Village and Business Park in Kandahar prior to loading to ensure integrity and quality throughout the execution of each mission. Under this program, QA/QC teams will perform inspections of food product condition and packaging, safety procedures, record keeping and reporting to ensure high standards of performance are maintained. Such inspections will be performed prior to initiating a mission, and upon arrival of cargo at the designated facility.

### 1.1.6 Sanitation

AMTEX will keep all floor areas in each dining facility clean and free of debris at all times, including sweeping, vacuuming, mopping, sanitizing, waxing and buffing as predicated by floor type in the receiving, storage, preparation, cooking, serving and dining areas. The dining facility will have easy and quick access to a broom, a mop, and a clean mop bucket. All floors, coolers, freezers, and shelving will be cleaned by washing and

sanitizing. Woodwork, walls, ceilings, doors, windows, window glass, ducts, support areas and screens in kitchens, serving areas and dining areas will be kept clean and free from dirt, dust, and grease. AMTEX will segregate and remove trash and garbage, and transport to disposal areas and place in appropriate receptacles.

Steam tables, coffee urns, griddles, condiment tables, etc. will be thoroughly cleaned at least daily. Cooking surfaces of grills, griddles, and similar cooking devices will be cleaned at least once a day and will be free from encrusted grease deposits and other soil. Fire suppressant hood vents located inside the kitchen over the grills will be cleaned a minimum of one time per three month period. Kitchen tables, meat grinders, knives, etc. will be cleaned and sanitized after each use. Dining room tables, beverage counters, and salad bars will be constantly wiped and kept in spotless condition throughout each meal. All trash receptacles will be kept clean on the outside, inside, and lined with plastic liners.

Tetra Tech will provide all cleaning supplies to maintain the dining facility in accordance with international standards. These supplies include but are not limited to bleach, soap, oven and grill cleaners, paper towels, grill screens, toilet paper, dish washing liquids, etc. Dish washing compounds will be commercial grade compounds that are compatible with the equipment. AMTEX will store cleaning supplies away from subsistence storage areas. AMTEX will coordinate with Tetra Tech to maintain janitorial supplies on hand at all times. Tetra Tech will provide ladders and all equipment, and all sanitizing and disinfecting aids necessary to perform the cleaning as specified in this contract.

## 1.2 QUALITY CONTROL / QUALITY ASSURANCE

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AMTEX will follow the quality control plan established for personnel conducting food preparation, cooking, handling, serving, and cleaning in a proper manner. The AMTEX representative at Kajaki Dam will be responsible for enforcing that quality control programs are adhered to at all times. AMTEX will follow the approved quality control plan throughout the life of this contract. AMTEX will maintain this quality control plan and provide any revision to Tetra Tech should any changes occur.

The AMTEX Supervisor will be responsible for quality assurance, inspection, surveillance reporting, and monthly reporting of AMTEX personnel performance. AMTEX will maintain all performance reports/records. When deficiencies are documented and/or reported, AMTEX will investigate the deficiency, acknowledge the deficiency as applicable and establish corrective action. To ensure the highest level of service, the AMTEX Supervisor will conduct random sampling and planned sampling in addition to utilizing checklists and customer comments to evaluate our internal performance on this contract.

## 1.3 PERSONNEL

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### 1.3.1 DFAC Staffing

DFAC staffing will be determined based on changing project needs.

### 1.3.2 Inspections

AMTEX personnel will be inspected at the start of each shift for any overt evidence of communicable disease, boils, infected wounds, open sores, or acute respiratory infection to ensure no spread of infectious diseases. Personnel with any such health problems will be referred to a medical physician to receive written clearance before returning to work in the dining facility. Personnel with health problems will not be permitted to work in any capacity where there is likelihood of food contact surface contamination with pathogenic organisms, or transmitting disease agents to others. Personnel relieved of duty due to illness will have medical clearance from a physician before returning to work. All personnel should have received a physical prior to beginning work.

### 1.3.3 Uniforms

AMTEX will provide all employee uniforms (top and bottom) and special type clothing such as jackets, aprons, rubber gloves, hats and hair nets. Uniforms are color coordinated, clean, well fitting, in good repair and light or pastel in color to readily show accumulations of dirt or soil. AMTEX-furnished uniforms and aprons will be worn by all employees when on duty. AMTEX personnel will present a neat appearance. Employees will wear clean

aprons when on duty. All personnel working in the food service facility will wear fresh clothing each day and AMTEX will have extra aprons available to allow employees to change if they should become heavily soiled. Uniforms will not contain commercial advertising except hats or name tags may contain the name of the AMTEX firm. Shoes will be clean, of sturdy construction and will cover the foot. Employees will wear socks. Open toe shoes, including sandals, will not be worn.

### **1.3.4 Badging**

All AMTEX personnel will wear identification badges with the AMTEX name and the employee's last name. Identification on the badge will be readily discernible from a distance of 5 feet.

## **1.4 HYGIENE**

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### **1.4.1 Hand Washing**

All AMTEX personnel will wash their hands immediately before engaging in food preparation; during food preparation as often as necessary to remove soil and contamination and to prevent cross contamination when changing tasks; when switching between working with raw food and working with ready-to-eat food; after touching bare human body parts other than clean hands; after using the toilet; after coughing, sneezing, using a handkerchief or disposable tissue; using tobacco products; eating or drinking; after handling soiled equipment or utensils; after handling raw meat, poultry, garbage, or handling soiled items; and after engaging in other activities that contaminate the hands. Employees will keep their fingernails trimmed, filed, and maintained so the edges and surfaces are cleanable, not rough, and do not extend beyond the fleshy portion of the fingertip.

### **1.4.2 Hair**

All personnel entering or working in food preparation or service areas will wear authorized hair restraints (such as clean hats, hair coverings or nets, beard restraints, and clothing that covers body hair) that are designed and work to effectively keep their hair from contacting exposed, food, clean equipment, utensils and linens. All hair restraints will be kept clean.

### **1.4.3 Jewelry**

With the exception of plain wedding bands or medical bracelets, food service personnel will not wear jewelry, which may be touched, while preparing or serving food. Prohibited jewelry includes watches; nose, tongue and lip rings; and other exposed body jewelry.

### **1.4.4 Tobacco, Alcohol and Illegal Drugs**

No use of tobacco products in any form will be allowed except during breaks periods in designated outside areas.

The use of alcoholic beverages or illegal drugs by AMTEX personnel is strictly forbidden. AMTEX will immediately remove and replace employees who are under the influence of alcohol or drugs. AMTEX will continue to not allow any employee who is in possession of or who is under the influence of alcohol or controlled substances to perform work on site.

### **1.4.5 Separation of Duties**

Personnel who handle or serve food will not be used to clean latrines, garbage cans, sewers, drains, grease traps or perform similar custodial duties during periods of food preparation and service.

### **1.4.6 Loitering**

AMTEX employees will not loiter in any working or patron areas. Upon completion of their assigned shift, employees will depart the facility. Only authorized personnel will be allowed in the kitchen, storage, serving, or washing areas during normal operating hours.

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## 2.0 FACILITIES MAINTENANCE

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### 2.1 FREQUENCY

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It is intended that there will be a set frequency of pre-planned maintenance initiated, which would mean that every facility and every asset on site that requires maintenance will be checked by the maintenance team (See 2.1.3.)

The expected frequency of visits per asset is four per annum. This will equate to each asset being inspected no less than once every three months (90 days) each year. Any and all defects discovered will immediately be registered by the supervisor in his log and all emergency defects will be attended to within 24 hours dependent on the availability of spare parts. All routine defects will be attended to within 7 days. Should the set frequency of visits prove to be insufficient it will be increased to one visit every two months (60 days) per asset.

For long term issues, where a component is required and cannot be sourced, the relevant asset will be removed if possible and replaced at the earliest opportunity in its entirety. (For example - a split component air conditioning unit) this action will be carried out as soon as possible and not after a lengthy waiting period.

### 2.2 HELPDESK

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In addition to the pre-planned maintenance schedule, there will also be a HELP DESK number available which, when called, the receiving operator will register the details of any maintenance issue anywhere on site and log the date, time, and exact location of the problem as well as the name of the reporting person and their phone number. (This is so that the reporting person may be informed once the issue has been resolved). Should the fault be found not to be a Tetra Tech responsibility, the responsible company will be informed and their progress will be monitored until such time as the issue is resolved and the report closed.

### 2.3 MAINTENANCE TEAM

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The pre-planned maintenance team will, as a minimum, consist of 1x electrician, 1x plumber, 1x HVAC engineer, 1x handyman, plus 1x supervisor. The team members will inspect the assets belonging to their own specialty and check for serviceability, the supervisor will fill out the maintenance cards and record the visit.

### 2.4 PERSONNEL

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#### 2.4.1 Establishment

The establishment (the number of personnel on site) as indicated by the current rosters, will by necessity be completely fluid and likely to change on a weekly if not almost daily basis. Each arrival will be received by the security staff and briefed on the current security situation. In addition they will be informed on what actions to take dependent on a given scenario, otherwise known as 'Actions On'.

#### 2.4.2 Accommodation

As accommodations are limited, efforts will be made to billet personnel in single person rooms but this will be subject to change according to demand. There will be some multi person billets available which may be utilized as transit accommodations. Personnel will be accommodated as far as is practical according to ethnicity and origin, this is to ensure that cultural, dietary, and language requirements are considered.

#### 2.4.3 Entitlement

Each resident, whether permanent or temporary, will have access to the following without discrimination:

- Accommodation will be provided for all personnel according to permanent or resident status.
- Access to Wi-Fi Internet

- Three meals per day, consisting of breakfast, lunch and dinner, there is also a midnight meal available for the night duty personnel.
- Washing and showering facilities, there are toilets, showers and washing facilities in all areas of the accommodation buildings.

Access to laundry facilities, each accommodation unit will be assigned a 'laundry day' so that they will be able to ensure that their laundry is processed at least once a week. Temporary personnel due to transition from the camp require to have laundry processed will be supplied by a 'drop off' service as long as they are due to leave the site prior to their regular assigned 'laundry day'. There will also be an ironing service available to those who require it.

There is a Medical Reception Center on site for the treatment of all personnel and there will be medical staff on duty at all times, should the injury or illness require further medical treatment, the patient will undergo casualty evacuation at the first available opportunity.

#### 2.4.4 Available Facilities

- Medical Reception Center
- LN kitchen and dining room
- Ex-pat kitchen and dining room
- Wi-Fi Internet Connection
- Gymnasium
- Recreation/TV Room
- Armory (if required)
- Offices
- Operations Room (by invitation only)
- Storage
- Help Desk

## 2.5 OPERATIONS

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### 2.5.1 Operational Areas

There are five main areas of operations on site:

- METAG Site. This is a contractor's site in support of the Project and is out of bounds to all unauthorized personnel.
- 77 Construction Company site. This is a contractor's site in support of the Project and is out of bounds to all unauthorized personnel.
- The Power House. This is the main area of modernization and construction. If warranted and a request is authorized, personnel may visit the power house as long as appropriate protocols are observed and appropriate personal protection equipment is employed.
- The Helicopter Landing Zone. There are two HLZ.
  - The Higher HLZ, which is located on the top of the mountains above the LSA. This HLZ is out of bounds unless accompanied by a GardaWorld operator and primarily with the relevant authorization from the Operations Room
  - The Lower HLZ. The lower HLZ is split into two areas, the HLZ and the Laydown HLZ, permission from the Operations Room is required to enter these areas at any time.

- e. The LSA is the general area containing all the support services, living areas, accommodation areas, Dining Facilities, Gymnasium and Medical Center etc.

## 3.0 HEALTH AND SAFETY

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### 3.1.1 General

The Health and Safety Rules on Kajaki LSA are IAW 385-I-I.

### 3.1.2 Weapons

Weapons may ONLY be carried on site by security personnel registered to GardaWorld.

Any and all other personnel who are in possession of personal weapons of any type or caliber must hand their weapons and ammunition in to the GardaWorld Armory at their earliest possible opportunity upon arrival on site. This is to prevent mistaken identity conflict and unnecessary death and injury in the event of a crisis situation.

If it is deemed necessary, suitable personnel will be re-issued their personal weapons and they will be mustered under the command of GardaWorld personnel until such time as the situation requires it, after this time weapons will be returned to the custody of the GardaWorld Armory.

### 3.1.3 Ammunition Storage

All excess ammunition will be stored in the ammunition container for safe keeping and correct safety checks, operational ammunition will be held in agreed quantities by GardaWorld security personnel.

All privately owned ammunition must be stored under GardaWorld supervision in the ammunition container to be returned on completion of visit or in emergencies.

### 3.1.4 Smoking

There are designated smoking areas around the site, smoking outside these designated areas is not permitted at any time. Smoking in the accommodation units and Dining Facilities or any other communal area is strictly forbidden.

### 3.1.5 Alcohol

The Kajaki Project Site is a designated DRY site.

Therefore alcohol is not permitted in ANY form.

Any person or persons found to be in possession of, or under the influence of, alcohol will be disciplined.

### 3.1.6 Personal Hygiene

All personnel are expected to maintain a high standard of personal hygiene at all times.

All personnel are required to wash their hands immediately prior to entering the dining rooms.

### 3.1.7 Actions on Threats

All actions on threats will be explained in detail and if necessary practiced under the strict supervision of GardaWorld security advisors.

If you are instructed to carry out any action by any GardaWorld security operator, do so immediately and without question, it may save your life.

## **ANNEX A –SAMPLE FOOD SERVICE MENU**

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## 1. Sample Food Service Menu – Local National Meal

Day	Breakfas	Lunc	Dinne
Sunda	<ul style="list-style-type: none"> <li>Eggs &amp; Tomatoes Omelet</li> <li>Potato, Onion, Tomato Curry</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Qorma</li> <li>Rice</li> </ul>	<ul style="list-style-type: none"> <li>Red Beans</li> <li>Rice</li> <li>Soup of the Day</li> </ul>
Monday	<ul style="list-style-type: none"> <li>Suji Halwa</li> <li>Eggs &amp; Potato Omelet</li> <li>Onion &amp; Tomato Curry</li> <li>Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Pullao</li> <li>Vegetables Curry</li> <li>Soda – Pepsi, Coke, Dew</li> </ul>	<ul style="list-style-type: none"> <li>Beef Achari with Potato</li> <li>Rice</li> <li>Macaroni</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>Eggs &amp; Tomatoes Omelet</li> <li>Potato, Onion, Tomato Curry</li> <li>Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>Beef Qorma</li> <li>Chickpeas</li> <li>Rice</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Mix Vegetables</li> <li>Rice</li> <li>Soup of the Day</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>Eggs &amp; Potato Omelet</li> <li>Onion &amp; Tomato Curry</li> <li>Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Mix Vegetables</li> <li>Red Beans</li> <li>Rice</li> </ul>	<ul style="list-style-type: none"> <li>Chicken potato Qorma</li> <li>Cumin Rice</li> <li>Macaroni</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>Suji Halwa</li> <li>Eggs &amp; Potato Omelet</li> <li>Onion &amp; Tomato Curry</li> <li>Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>Lamb Curry</li> <li>Rice</li> <li>Soda – Pepsi, Coke, Dew</li> </ul>	<ul style="list-style-type: none"> <li>Kabuli Pulao (Rice)</li> <li>Vegetables Curry</li> <li>Soup of the Day</li> </ul>
Friday	<ul style="list-style-type: none"> <li>Eggs &amp; Tomatoes Omelet</li> <li>Potato, Onion, Tomato Curry</li> </ul>	<ul style="list-style-type: none"> <li>Plain Biryani</li> <li>Lentils Mansoor</li> <li>Beef Potato Qorma</li> </ul>	<ul style="list-style-type: none"> <li>Potato Chicken</li> <li>Spaghetti</li> <li>Rice</li> <li>Macaroni</li> </ul>
Saturday	<ul style="list-style-type: none"> <li>Eggs &amp; Potato Omelet</li> <li>Onion &amp; Tomato Curry</li> <li>Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>Kabuli Chickpeas</li> <li>Rice</li> </ul>	<ul style="list-style-type: none"> <li>Beef Lobia Qorma</li> <li>Pulao (Rice)</li> <li>Soup of the Day</li> </ul>

## 2. Sample Food Service Menu – Expatriate Meal

<b>1<sup>st</sup> and 3<sup>rd</sup> Week LUNCH</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>
<b>Main Course 1</b>	AMTEX Fried Chicken	Bistro Braised Chicken	Finger Fish	Szechuan Chicken	Chicken Biryani	Grilled Chicken Burgers	Sauté Chicken
<b>Main Course 2</b>	Beef Chili Dry	Classic Beef Stew	Garlic Chili Beef	Beef Blanket	Italian Meat Balls	Beef Stroganoff	Herbed Beef Strips
<b>Vegetables</b>	Cauliflower Au-Gratin	Steamed Vegetables	Grilled Eggplants	Steamed Vegetables	Kari Pakora	Steamed Vegetables	Reshmi Vegetables
<b>Starch</b>	Steamed Rice	Baked Potato	Steamed Rice	Potato Pancakes	Spaghetti	French Fries	Steamed Rice
<b>Soup</b>	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
<b>1<sup>st</sup> and 3<sup>rd</sup> Week DINNER</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>
<b>Main Course 1</b>	Plain Grilled Chicken	Chicken Piccata	Chicken Tikka Masala	Chicken Karahi	Kung Pao Chicken	Chicken Pizza	Plain Grilled Chicken
<b>Main Course 2</b>	Salisbury Steak in Mushroom Gravy	Beef Sorbatin	Beef and Bacon Casserole	Mince Beef with Carrots & Onions	Yanki Pot Roast	Stir Fried Beef	Beef Goulash
<b>Vegetables</b>	Steamed Vegetables	Vegetable Jalfrezi	Steamed Vegetables	Vegetable Manchurian	Steamed Vegetables	Chili Beans	Steamed Vegetables
<b>Starch</b>	Baked Potatoes	Steamed Rice	Parsley Butter Potatoes	Steamed Rice	Mashed Potatoes with Gravy	Steamed Rice	Jacket Potatoes
<b>Soup</b>	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
<b>2<sup>nd</sup> and 4<sup>th</sup> Week LUNCH</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>
<b>Main Course 1</b>	Sauté Chicken	Chicken Ala Princess	Chicken Jalfrezi	Beef Adobo	Sweet & Sour chicken	Chicken Casserole	Chicken Azari
<b>Main Course 2</b>	Caribbean Beef	Mini Beef Steaks with pepper sauce	Fish and Chips	Spring Rolls	Roast Beef	Beef Burgers	Beef Wellington

<b>Vegetables</b>	Vegetable Lasagna	Steamed Vegetables	Vegetable Thai Curry	Steamed Vegetables	Vegetable Empanadas	Steamed Vegetables	Vegetables Kofta
<b>Starch</b>	Steamed Rice	Roasted Potatoes	Steamed Rice	Crispy Potato	Steamed Rice	French Fries	Steamed Rice
<b>Soup</b>	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
<b>2<sup>nd</sup> and 4<sup>th</sup> Week DINNER</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>
<b>Main Course 1</b>	Southern Fried Chicken	Chicken Mansaf	Chicken Piccata	Mexican Chicken	Herb Roasted Chicken	Italian Grilled Chicken	Chicken Pardima
<b>Main Course 2</b>	Beef Sukiyaki	Hunan Beef	Mongolian Beef	French Beef with Bacon & peas	Hunan Beef	Roast Leg of Lamb	Beef Hot Pot
<b>Vegetables</b>	Steamed Vegetables	Stuffed Vegetables	Steamed Vegetables	Sabzi Achari	Steamed Vegetables	Roast Vegetables	Steamed Vegetables
<b>Starch</b>	Baked Potatoes	Steamed Rice	Potatoes Casserole	Steamed Rice	Roast Potato Wedges	Steamed Rice	Scalloped Potato
<b>Soup</b>	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day

**Midnight Snack:** AMTEX will prepare/provide sandwiches, hot soup of the day, and fresh fruit. Midnight snacks shall be carryout only.