

25
2000-2025
Anniversary



LUNCH MENU

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP / BROTHS

Chicken Minestrone

Duck Consommé

Beef Goulash Soup

Turkey Noodle Soup with Homemade
Noodles and Vegetables

Mediterranean Fish Soup

**SOUP / BROTHS
VEGETARIAN OPTION**

Vegetable Minestrone with Pesto

Tomato Soup with Basil and Herb Croutons

Broccoli Soup with Gorgonzola

Red Lentil Soup with Lemon and Coriander

Pea Soup with Mint and Croutons

MAIN COURSE 1

Turkey Meatballs with Herbs and
Marinara Sauce

Oven-Baked Chicken Gratin with
Mushrooms and Cheese

Honey Mustard-Glazed Chicken Breast

Cheesy Beef Burrito

Fried Fish Fillet

MAIN COURSE 2

Orange-Glazed Chicken

Teriyaki Beef Stir-Fry

Oven-Baked Hake Provençal

Oven-Baked Turkey Strips

Gyros-Style Baked Chicken

**MAIN COURSE
VEGETARIAN OPTION**

Indian Butter Chickpeas

Mediterranean Ratatouille

Baked Sweet Potatoes with Whipped Feta,
Spiced Chickpeas & Green Tahini

Penne Quattro Formaggi

Tuscan Creamy Vegan Gnocchi

SIDE DISHES

Parmesan Mashed Potatoes
Steamed Vegetables with Fried Rice

Lemon Herb Couscous
Grilled Vegetables with Balsamic Vinegar

Rosemary Baked Potatoes
Green Beans with Chargrilled Peaches

Fiesta Corn Salad
Assorted Tempura Veggies

French Fries
Sautéed Spinach with Garlic and Lemon

SALAD / BUFFET

Salsa Salad with Cherries, Mango
and Parsley
Mixed Green Salad with Pomegranate
Dressing
Carrot and Orange Salad with Flaxseeds
Red Cabbage and Apple Salad

Beetroot and Rocket Salad with
Feta Cheese
Baby Spinach and Cherry Tomato Salad
with Lemon Dressing
Tomato and Mozzarella Salad with
Fresh Basil
Cucumber and Greek Yoghurt Salad

Red Cabbage and Carrot Salad with
Mustard Dressing
Courgette Salad with Olives
Mixed Vegetable Salad with Pomegranate
Dressing
Rocket and Cherry Tomato Salad with
Parmesan

Cucumber and Tomato Salad with
Kalamata Olives
Rainbow Quinoa Salad
Roasted Aubergine Salad with Tahini
Coleslaw Salad

Carrot and Apple Salad with Honey and
Ginger Dressing
Green Salad with Avocado and
Pumpkin Seeds
Cucumber and Dill Salad with Yoghurt
Greek Salad

DESSERT / FRUIT

Panna Cotta with Berries and
Chocolate Sauce
Dark Chocolate and Sea Salt Biscuits

Classic Tiramisu
Vanilla Pudding with Caramel Sauce

Lemon Tart
Chocolate Mousse

Blueberry Cannoli
Carrot Cake with Dried Fruits

Lemon and Berry Cheesecake
Apricot Jam Crêpes

BREAD

Bread Rolls - Croutons

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