

25
2000-2025
Anniversary



LUNCH MENU

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP / BROTHS

Greek-Style Chicken Soup

Beef and Seasonal Vegetable Soup with Potatoes

Chicken Soup with Semolina Dumplings

Turkey and Seasonal Vegetable Soup

Fish Soup with Vegetables and Lemon

SOUP / BROTHS VEGETARIAN OPTION

Vegetable Saffron Rice Soup

Carrot and Ginger Cream Soup

Zucchini Cream Soup with Cinnamon

Chickpea Soup with Coriander and Lemon

Cauliflower Soup with Sesame Seeds and Lime

MAIN COURSE 1

Chicken Cacciatore

Herb-Baked Salmon

Chicken Parmigiana

Grilled Fish Fillet with Lemon Herb Sauce

Roast Beef with Spanish Sauce

MAIN COURSE 2

Beef Meatballs with Marinara Sauce

Roasted Chicken with Honey Mustard Sauce

Grilled Kebab Skewers with Vegetables

Orange Turkey Tender Pops

Lamb Shepherd's Pie

MAIN COURSE VEGETARIAN OPTION

Fusilli with Ricotta and Spinach in Parmesan Sauce

Stir-Fried Tofu with Vegetables

Tri-Coloured Pasta Salad with Mediterranean Vegetables

Cauliflower Curry with Edamame and Coconut Milk

Quinoa Salad with Roasted Vegetables and Feta

SIDE DISHES

Fresh Vegetable Rice
Steamed Vegetables with Herbs

Rosemary-Baked Potatoes
Grilled Vegetables with Balsamic Vinegar

Mashed Potatoes with Butter and Parmesan
Steamed Broccoli with Lemon Sauce

Green Vegetable Rice
Mixed Green Beans with Mushrooms

Mashed Potatoes with Crispy Onions
Sautéed Spinach with Garlic

SALAD / BUFFET

Tomato and Buffalo Mozzarella Salad
Raw Vegetable Salad with Lemon Honey Dressing
Baby Spinach Salad with Cranberries
Cucumber and Cherry Tomato Salad with Mint

Beetroot and Green Apple Salad
Grilled Vegetable Salad with Basil Dressing
White Cabbage and Dill Salad with Olive Oil
New Potato Salad with Red Onion and Parsley

Cucumber and Cherry Tomato Salad with Yoghurt and Dill
Carrot and Apple Salad with Orange Dressing
Roasted Beetroot and Goat's Cheese Salad
Spinach and Lemon Salad with Sesame Seeds

Tomato and Cucumber Salad with Mint and Yoghurt
Carrot and Orange Salad with Golden Raisins
Broccoli and Garlic Salad with Soy Sauce
Cabbage and Carrot Salad with Sesame Dressing

Green Salad with Radishes and Avocado
Grilled Vegetable Salad with Feta and Olives
Spinach and Feta Salad with Sesame Seeds
Tomato and Red Onion Salad with Fresh Basil

DESSERT / FRUIT

Greek Custard Pie
Vanilla Cream Tart

Lemon Meringue Tart
Belgian Chocolate Mousse

Blueberry Muffins
Carrot Cake with Cream Cheese Frosting

Chocolate Banana Pudding
Honey Parfait with Poached Pears

White Chocolate and Raspberry Cheesecake
Coconut Brownies

BREAD

Bread Rolls - Croutons

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