

25
2000-2025
Anniversary



LUNCH MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP / BROTHS	Chicken and Corn Soup with Coriander	Beef and Sweet Potato Soup with Rosemary	Chicken and Spinach Soup with Garlic	Turkey and Wild Rice Soup with Mushrooms	Spanish Fish Soup with Saffron and Fennel
SOUP / BROTHS VEGETARIAN OPTION	Vegetable Quinoa Soup with Lime	Tomato and Fresh Basil Soup with Parmesan	Red Lentil Soup with Cumin	Creamy Mushroom and Seed Mix Soup	Andalusian Gazpacho with Fresh Vegetables
MAIN COURSE 1	Oven-Roasted Chicken with Herbes de Provence	Beef Schnitzel with Parmesan	Grilled Turkey Breast with Herbs	Tandoori Chicken	Chicken and Roasted Pepper Paella
MAIN COURSE 2	Salmon Skewers with Teriyaki and Sesame Seeds	Chicken Lasagne	Slow-Cooked Duck Leg with Orange Sauce	Pan-Seared Hake Fillet with Herbs	Chimichurri Beef Skewers
MAIN COURSE VEGETARIAN OPTION	Frittata with Spinach and Goat's Cheese	Vegetarian Stuffed Peppers with Tomato Sauce	Wild Mushroom Stroganoff with Parmesan Polenta	Vegetable Curry with Coconut Milk	Spanish Potato and Onion Tortilla
SIDE DISHES	Cinnamon-Baked Sweet Potatoes Steamed Vegetables with Truffle Dressing	Garlic and Rosemary Baked Potatoes Roasted Root Vegetables with Calypso Sauce	Basmati Rice with Raisins Braised Red Cabbage with Balsamic Vinegar	Lemon and Olive Rice Grilled Vegetables with Yoghurt Mint Dressing	Couscous with Grilled Peaches and Balsamic Vinegar Cauliflower and Broccoli Dauphinoise
SALAD / BUFFET	Carrot and Lemon Salad with Sesame Seeds Spinach and Orange Salad with Cranberries Beetroot and Yoghurt Salad with Dill Cucumber and Cherry Tomato Salad with Mint and Lime	Raw Vegetable Salad with Raisins Tomato and Mozzarella Salad Cabbage and Carrot Salad with Yoghurt Dressing Root Vegetable Pate	Tomato and Basil Salad with Balsamic Dressing Cucumber and Dill Salad with Greek Yoghurt Bell Pepper and Red Onion Salad with Lime Dressing Rocket and Parmesan Salad with Truffle Dressing	Carrot and Coriander Salad with Oranges Chickpea and Cherry Tomato Salad with Basil Cucumber and Yoghurt Salad with Garlic Cabbage and Carrot Salad with Tahini	Tomato and Olive Salad with Extra Virgin Olive Oil Roasted Pepper and Caper Salad Caesar Salad Rocket and Parmesan Salad with Balsamic Dressing
DESSERT / FRUIT	Tropical Fruit Pavlova Apple Tart with Cinnamon and Vanilla	Granola Bars with Cranberry Chia Pudding with Coconut Milk and Fresh Fruits	Mango Sticky Rice Pain au Raisin	Sicilian Cannoli Carrot Cake with Cream Cheese Frosting	Oreo Cake Blueberry Jam Crêpes
BREAD	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons