

25
2000-2025
Anniversary



LUNCH MENU

WEEK 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP / BROTHS

Chicken Noodle Soup with
Asian Vegetables

Beef Soup with Garden Vegetables

Chicken and Lentil Soup with Coriander

Turkey Noodle Soup

Moroccan Fish Soup

SOUP / BROTHS VEGETARIAN OPTION

Asian Vegetable Soup with Tofu

Roasted Bell Pepper Cream Soup

Roasted Butternut Squash Cream Soup

Miso Soup

Harira Lentil and Chickpea Soup

MAIN COURSE 1

Beef Teriyaki

Fried Fish with Tartare Sauce

Chicken Curry with Coconut Milk and Lime

Asian Beef Stir-Fry with Soy
and Ginger Sauce

Tex-Mex Chicken Breast

MAIN COURSE 2

Chicken Satay Skewers with Soy
and Lime

Mediterranean Grilled Chicken Breast

Turkey Breast with Spinach and
Parmesan

Smoky Chicken Fajita Delight

Chilli Con Carne with Mozzarella
Topping

MAIN COURSE VEGETARIAN OPTION

Tofu Stir-Fry with Vegetables and
Soy Sauce

Vegetarian Shepherd's Pie with Lentils
and Vegetables

Vegetable Curry with Chickpeas
and Spinach

Vegetable Noodles with Teriyaki Sauce

Grilled Halloumi with Quinoa
and Avocado

SIDE DISHES

Vegetable Fried Rice
Honey-Glazed Baby Carrots with
Ginger and Garlic

Sea Salt French Fries
Steamed Peas and Edamame with Mint

Basmati Rice with Coconut
Gnocchi with Cheese Sauce

Fried Rice with Omelette
Steamed Vegetables with Soy and
Garlic Sauce

Mixed Green Beans with Cranberry
and Yeast Flakes
Rainbow Quinoa with Pico de Gallo

SALAD / BUFFET

Carrot and Ginger Salad with Sesame
Cucumber and Sesame Salad with
Soy Sauce
Chinese Cabbage Salad with
Lime Dressing
Bell Pepper and Spring Onion Salad
with Sesame Dressing

Cucumber and Mint Salad with Yoghurt
British Green Salad with
Mustard Dressing
Tomato and Red Onion Salad with
Fresh Basil
Carrot and Apple Salad with
Orange Dressing

Cucumber and Yoghurt Salad with Mint
Tomato and Coriander Salad with
Lime Dressing
Carrot and Lemon Salad with Raisins
Cabbage and Carrot Salad with
Yoghurt Dressing

Cucumber Salad with Soy Sauce
Carrot and Ginger Salad
Fried Corn with Butter and Herbs
Mixed Green Salad with Parmesan

Tabbouleh
Tomato and Cucumber Salad
Chickpea and Olive Salad
Rocket and Parmesan Salad

DESSERT / FRUIT

Matcha Cheesecake
Churros with Chocolate Sauce

Scones with Strawberry Jam
Berry Trifle

Marble Cake
Kheer Rice Pudding

Tapioca with Coconut Milk
Sponge Cake

Baklava
Mango Milk Pudding

BREAD

Bread Rolls - Croutons

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