

LUNCH MENU

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP / BROTHS	Greek-Style Chicken Soup	Beef Soup with Seasonal Vegetables	Chicken Soup with Spinach	Turkey Soup with Noodles	Fish Soup
VEGETARIAN SOUP	Creamy Potato Soup	Creamy Roasted Pepper Soup	Creamy Lentil Soup	Creamy Pea Soup	Creamy Vegetable Soup with Basil
MAIN COURSE 1	Chicken Cacciatore	Baked Fish with Tartar Sauce	Grilled Turkey Breast	Beef Burrito with Cheese	Turkey Lasagne
MAIN COURSE 2	Beef Meatballs with Marinara Sauce	Mediterranean-Style Grilled Chicken Breast	Roast Duck Leg	Grilled Chicken Thighs	Beef Burger in a Wholemeal Bun
VEGETARIAN MAIN	Wholewheat Fusilli with Ricotta & Spinach in Parmesan Sauce	Vegetarian Pie with Lentils & Vegetables	Mushroom Stroganoff	Penne Quattro Formaggi	Spanish Omelette with Potatoes & Onion
SIDE DISHES	Brown Rice with Parsley / Baked Courgettes	Couscous with Raisins & Carrots / Sautéed Green Beans	Rice with Vegetables / Red Cabbage with Raisins & Balsamic Vinegar	Quinoa with Vegetables / Tempura Vegetables	Roast Potatoes with Rosemary / Vegetable Gratin
SALAD / BUFFET	Tomatoes with Red Onion / Red Cabbage with Sunflower Seeds / Cucumbers with Dill / Green Mix with Pomegranate Dressing	Baked Beetroot with Parsley / Quinoa with Olives & Tomatoes / Cucumbers with Lemon / Green Mix with Balsamic Vinegar	Cherry Tomatoes with Yoghurt Dressing / White Cabbage with Carrot & Orange / Beetroot with Light Cream Cheese / Green Mix with Mango Dressing	Cucumber Salad with Dill & Sour Cream / Beetroot with Carrot / Tomato & Roasted Pepper Salad / Green Mix with Lemon Dressing	Tomatoes with Yoghurt Dressing / Quinoa with Parsley / Red Cabbage with Oranges / Green Salad with Apple Cider Vinegar Dressing
DESSERT / FRUIT	Pear & Lime Tart / Apple & Cinnamon Muffins	Vanilla Panna Cotta with Fruit / Oat Biscuits with Dried Cranberries	White Chocolate Mousse / Blueberry Tart	Pancakes with Vanilla Cream / Lemon Tart	Fruit Cheesecake / Oat Biscuits with Raisins
BREAD	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons