

# LUNCH MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP / BROTHS	Clear Chicken Soup with Wholewheat Noodles	Turkey Soup with Root Vegetables	Beef Soup with Seasonal Vegetables	Chicken Soup with Rice Noodles	Mediterranean Fish Soup with Tomatoes & Basil
VEGETARIAN SOUP	Creamy Carrot Soup	Creamy Lentil Soup	Creamy Pea Soup	Creamy Cauliflower Soup	Creamy Pumpkin Soup
MAIN COURSE 1	Grilled Chicken Breast with Mediterranean Herb Marinade	Roast Chicken Thighs	Teriyaki Chicken with Wok Vegetables & Sesame	Grilled Chicken Thighs	Cajun-Style Chicken Breast
MAIN COURSE 2	Roast Beef	Naked Turkey Burger	Roast Turkey Leg	Beef Stew	Beef Meatballs with Tomato Sauce
VEGETARIAN MAIN	Lasagne with Ricotta, Spinach and Courgettes in Tomato Sauce	Tart with Spinach, Sundried Tomatoes & Light Goat's Cheese	Buddha Bowl with Brown Rice, Avocado, Roasted Beetroot & Carrot	Penne with Cherry Tomato Sauce & Kalamata Olives	Lasagne with Mushrooms, Courgette & Béchamel Sauce
SIDE DISHES	Basmati Rice with Julienne Vegetables / Sautéed Broccoli	Baked Sweet Potatoes with Herbs / Steamed Cauliflower with Butter	Steamed Quinoa with Vegetables / Penne Quattro Formaggi	Basmati Rice with Saffron & Lemon / Baby Carrots with Cauliflower Gratin	Baked Potato Wedges with Thyme / Sautéed Green Vegetables
SALAD / BUFFET	Cherry Tomatoes with Mozzarella & Basil / White Cabbage with Carrot & Lemon Dressing / Quinoa with Cucumber, Lemon & Mint / Green Mix with Pumpkin Seeds & Balsamic Dressing	Classic Greek Salad / Cucumbers in Yoghurt with Dill / Red Cabbage with Apple Dressing & Seeds / Green Mix with Balsamic Dressing	Tomatoes with Goat's Cheese / Pickled Cucumbers / Carrots with Orange & Ginger / Green Salad with Lemon Dressing	Baked Beetroot with Feta & Parsley / Chinese Cabbage with Sesame Sauce / Cherry Tomatoes with Avocado & Lemon / Green Mix with Pomegranate Dressing	Roasted Vegetable Pâté / Red Cabbage with Carrot & Olive Oil / Quinoa with Beetroot & Orange / Green Leaves with Sunflower Seeds
DESSERT / FRUIT	Raspberry Cheesecake / Oat Biscuits with Cranberries	Rustic Apple Tart with Cinnamon / Panna Cotta with Strawberry Purée	Pancakes with Honey / Cupcake with Raisins	Vanilla Éclairs with Fruit Glaze / Seasonal Fruit Tart	Fruit Pavlova / Mango Tiramisu
BREAD	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons

# LUNCH MENU

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP / BROTHS	Turkey Soup with Vegetables & Basmati Rice	Beef Soup	Meatball Soup with Vegetables	Greek-Style Chicken Soup	Mediterranean Fish Soup
VEGETARIAN SOUP	Creamy Roasted Tomato Soup with Basil	Creamy Chickpea Soup	Creamy Mushroom Soup	Creamy Spinach Soup	Rice & Vegetable Soup
MAIN COURSE 1	Chicken Breast in Orange Sauce	Breaded Chicken Thighs	Roast Turkey Breast	Beef Schnitzel with Parmesan	Chicken Lasagne
MAIN COURSE 2	Roast Beef	Oven-Baked Hake Fillet	Beef Skewers	Grilled Chicken Breast	Turkey Paella with Roasted Peppers
VEGETARIAN MAIN	Vegetarian Moussaka with Aubergine, Potatoes & Lentils	Pasta with Spinach Pesto Sauce	Mushroom Stroganoff	Feta Tart with Pear and Caramelised Onion	Vegetable Curry with Coconut Milk
SIDE DISHES	Couscous with Roasted Vegetables / Sautéed Green Beans with Mushrooms	Mashed Potatoes with Parsley / Vegetable Gratin	Jasmine Rice with Lemon / Stir-Fried Vegetables with Sweet Soy Sauce	Bulgur with Vegetables / Sautéed Spinach	Dauphinoise Potatoes / Mixed Steamed Vegetables
SALAD / BUFFET	Beetroot with Goat's Cheese / Tabbouleh / Coleslaw with Vegan Mayonnaise / Green Mix with Yoghurt & Lemon Dressing	Tomato & Cucumber Salad / Carrot Salad with Raisins & Honey / Cucumbers with Dill / Green Mix with Rocket & Cranberries	Greek Salad / Beetroot & Orange Salad / Red Cabbage with Pomegranate / Green Mix with Sesame Seeds	Cucumbers with Lemon & Dill / Carrot & Ginger Salad / Cherry Tomatoes with Sweetcorn & Spring Onion / Green Mix with Mango Dressing	Quinoa with Red Pepper / Beetroot with Parsley / Cucumbers with Yoghurt Sauce / Green Mix with Yoghurt & Honey Dressing
DESSERT / FRUIT	Cocoa Pudding with Banana / Chia pudding with berries	Panna Cotta with Forest Fruit Topping / Banana & Oat Muffins	Pancakes with Jam / Cocoa-Glazed Brownie	Lemon Meringue Tart / Vanilla Cream with Fresh Fruit	Parfait with Apples & Poached Pears / Tapioca with Coconut Milk
BREAD	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons

# LUNCH MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP / BROTHS	Meatball Soup	Chicken Soup with Green Beans	Beef Soup with Potatoes	Chicken Soup with Vermicelli	Fish Soup with Vegetables
VEGETARIAN SOUP	Creamy Sweet Potato Soup	Minestrone with Seasonal Vegetables	Creamy Mushroom Soup	Creamy Pea Soup with Mint	Creamy Courgette Soup
MAIN COURSE 1	Beef Stew	Turkey Popcorn Bites	Bolognese Pasta	Chicken Stew	Asian-Style Chicken with Vegetables
MAIN COURSE 2	Turkey Stew with Mushrooms	Grilled Boneless Chicken Thighs	Chicken Schnitzel with Parmesan	Oven-Baked Salmon	Roast Beef in Tomato Sauce
VEGETARIAN MAIN	Oven-Baked Vegetable Sticks	Stuffed Peppers with Vegetables	Shakshuka	Buddha Bowl with Quinoa, Roasted Carrots & Marinated Tofu	Lasagne with Spinach, Courgettes & Béchamel Sauce
SIDE DISHES	Mashed Potatoes with Parmesan / Polenta with Herbs	Couscous with Mediterranean Vegetables / Baked Cauliflower with Breadcrumbs	Boiled Potatoes / Vegetable Gratin	Steamed Potatoes / Bulgur with Tomato Sauce	Wild Rice with Vegetables / Steamed Vegetables
SALAD / BUFFET	Beetroot with Orange / Cucumbers with Dill / Carrots with Pomegranate / Green Mix with Balsamic Dressing	Tomatoes with Mozzarella / Quinoa with Avocado / Cucumbers with Yoghurt Dressing / Green Mix with Seeds	Cherry Tomatoes with Basil / Red Cabbage with Apples / Carrots with Ginger / Green Mix with Lemon Dressing	Cucumbers with Lemon & Dill / Baked Beetroot with Feta / White Cabbage with Carrot / Green Mix with Balsamic Vinegar	Greek Salad / Quinoa with Vegetables / Cucumbers with Mint / Green Mix with Olive Oil
DESSERT / FRUIT	Cheesecake with Tropical Fruit Topping / Pear & Cinnamon Tart	Avocado, Banana & Carob Mousse / American Pancakes with Maple Syrup	Pumpkin Muffins / Yoghurt Parfait with Cereals	Apple & Cinnamon Tart / Yoghurt with Fruit Purée	Lemon Cream Éclairs / Oat Bars with Dried Fruit
BREAD	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons

# 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