



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	Naked Turkey Burger	Roast Beef	Teriyaki Chicken with Wok Vegetables & Sesame	Grilled Chicken Thighs	Cajun-Style Chicken Breast
MAIN COURSE 2	Roast Chicken Thighs	Grilled Chicken Breast with Mediterranean Herb Marinade	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