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	Chicken Stew	Grilled Boneless Chicken	Bolognese Pasta	Chicken Stew	Asian-Style Chicken with Vegetables
MAIN COURSE 2	Turkey Popcorn Bites	Beef Stew	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	Couscous with Mediterranean Vegetables / Baked Cauliflower with Breadcrumbs	Mashed Potatoes with Parmesan / Polenta with Herbs	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