



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