

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP / BROTHS</b>	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
<b>VEGETARIAN SOUP</b>	Creamy Carrot Soup	Creamy Lentil Soup	Creamy Pea Soup	Creamy Cauliflower Soup	Creamy Pumpkin Soup
<b>MAIN COURSE 1</b>	Naked Turkey Burger	Roast Beef	Teriyaki Chicken with Wok Vegetables & Sesame	Grilled Chicken Thighs	Cajun-Style Chicken Breast
<b>MAIN COURSE 2</b>	Roast Chicken Thighs	Grilled Chicken Breast with Mediterranean Herb Marinade	Roast Turkey Leg	Beef Stew	Beef Meatballs with Tomato Sauce
<b>VEGETARIAN MAIN</b>	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
<b>SIDE DISHES</b>	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
<b>SALAD / BUFFET</b>	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
<b>DESSERT / FRUIT</b>	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
<b>BREAD</b>	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP / BROTHS</b>	Turkey Soup with Vegetables & Basmati Rice	Beef Soup	Meatball Soup with Vegetables	Greek-Style Chicken Soup	Mediterranean Fish Soup
<b>VEGETARIAN SOUP</b>	Creamy Roasted Tomato Soup with Basil	Creamy Chickpea Soup	Creamy Mushroom Soup	Creamy Spinach Soup	Rice & Vegetable Soup
<b>MAIN COURSE 1</b>	Oven-Baked Hake Fillet	Roast Beef	Roast Turkey Breast	Beef Schnitzel with Parmesan	Chicken Lasagne
<b>MAIN COURSE 2</b>	Breaded Chicken Thighs	Chicken Breast in Orange Sauce	Beef Skewers	Grilled Chicken Breast	Turkey Paella with Roasted Peppers
<b>VEGETARIAN MAIN</b>	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
<b>SIDE DISHES</b>	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
<b>SALAD / BUFFET</b>	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
<b>DESSERT / FRUIT</b>	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
<b>BREAD</b>	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP / BROTHS</b>	Meatball Soup	Chicken Soup with Green Beans	Beef Soup with Potatoes	Chicken Soup with Vermicelli	Fish Soup with Vegetables
<b>VEGETARIAN SOUP</b>	Creamy Sweet Potato Soup	Minestrone with Seasonal Vegetables	Creamy Mushroom Soup	Creamy Pea Soup with Mint	Creamy Courgette Soup
<b>MAIN COURSE 1</b>	Chicken Stew	Grilled Boneless Chicken	Bolognese Pasta	Chicken Stew	Asian-Style Chicken with Vegetables
<b>MAIN COURSE 2</b>	Turkey Popcorn Bites	Beef Stew	Chicken Schnitzel with Parmesan	Oven-Baked Salmon	Roast Beef in Tomato Sauce
<b>VEGETARIAN MAIN</b>	Oven-Baked Vegetable Sticks	Stuffed Peppers with Vegetables	Shakshuka	Buddha Bowl with Quinoa, Roasted Carrots & Marinated Tofu	Lasagne with Spinach, Courgettes & Béchamel Sauce
<b>SIDE DISHES</b>	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
<b>SALAD / BUFFET</b>	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
<b>DESSERT / FRUIT</b>	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
<b>BREAD</b>	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP / BROTHS</b>	Greek-Style Chicken Soup	Beef Soup with Seasonal Vegetables	Chicken Soup with Spinach	Turkey Soup with Noodles	Fish Soup
<b>VEGETARIAN SOUP</b>	Creamy Potato Soup	Creamy Roasted Pepper Soup	Creamy Lentil Soup	Creamy Pea Soup	Creamy Vegetable Soup with Basil
<b>MAIN COURSE 1</b>	Chicken Cacciatore	Baked Fish with Tartar Sauce	Grilled Turkey Breast	Beef Burrito with Cheese	Turkey Lasagne
<b>MAIN COURSE 2</b>	Beef Meatballs with Marinara Sauce	Mediterranean-Style Grilled Chicken Breast	Roast Duck Leg	Grilled Chicken Thighs	Beef Burger in a Wholemeal Bun
<b>VEGETARIAN MAIN</b>	Wholewheat Fusilli with Ricotta & Spinach in Parmesan Sauce	Vegetarian Pie with Lentils & Vegetables	Mushroom Stroganoff	Penne Quattro Formaggi	Spanish Omelette with Potatoes & Onion
<b>SIDE DISHES</b>	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
<b>SALAD / BUFFET</b>	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
<b>DESSERT / FRUIT</b>	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
<b>BREAD</b>	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons	Bread Rolls - Croutons