



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

Grilled Chicken Breast with Mediterranean Herb Marinade

Roast Chicken Thighs

Roast Turkey with Greek Yoghurt Sauce

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

Baked Sweet Potatoes with Herbs / Sautéed Broccoli

Basmati Rice with Julienne Vegetables / 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