



LUNCH MENU

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP / BROTHS

Turkey Soup with Vegetables & Basmati Rice

Beef Soup

Meatball Soup with Vegetables

Greek-Style Chicken Soup

Mediterranean Fish Soup

VEGETARIAN SOUP

Creamy Roasted Tomato Soup with Basil

Creamy Chickpea Soup

Creamy Mushroom Soup

Creamy Spinach Soup

Rice & Vegetable Soup

MAIN COURSE 1

Oven-Baked Sea Bream Fillet

Roast Beef

Roast Turkey Breast

Beef Schnitzel with Parmesan

Chicken Lasagne

MAIN COURSE 2

Chicken Breast in Orange Sauce

Breaded Chicken Thighs

Beef Skewers

Grilled Chicken Breast

Turkey Paella with Roasted Peppers

VEGETARIAN MAIN

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

SIDE DISHES

Couscous with Roasted Vegetables / Mashed Potatoes with Parsley

Sautéed Green Beans / Vegetable Gratin

Jasmine Rice with Lemon / Stir-Fried Vegetables with Sweet Soy Sauce

Bulgur with Vegetables / Sautéed Spinach

Dauphinoise Potatoes / Mixed Steamed Vegetables

SALAD / BUFFET

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 Salad / 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

DESSERT / FRUIT

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

BREAD

Bread Rolls - Croutons

Bread Rolls - Croutons

Bread Rolls - Croutons

Bread Rolls - Croutons

Bread Rolls - Croutons