



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



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



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 and Mushroom 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 /
Polenta with Herbs

Mashed Potatoes with Parmesan /
Steamed Cauliflower

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



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 with Fennel and Tomatoes

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

Fusilli with Ricotta & Spinach in Parmesan Sauce

Vegetarian Pie with Lentils & Vegetables

Mushroom Stroganoff

Wholemeal Penne Quattro Formaggi

Spanish Tortilla 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

Oven-Baked Potatoes with Rosemary / Green 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