



# LUNCH MENU 2026 - 2027

## 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                                                                                                           |