



LUNCH - 12:30pm to 13:30pm

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Homemade Soup

Broccoli cream soup
Dark bread

Bell pepper soup
French bread

Pumpkin soup
Miller loaf

Asian vegetable soup
bread

Potato soup with spring onion
baguette

Open Bread
(Meat/Fish)

Focaccia pizza with tomato,
cheese, mushrooms and bell
pepper

White roll with chicken
schnitzel and iceberg lettuce

Dark bread with beef
croquettes, mustard sauce and
salad

Hotdog with baked onions, salad
and bbq sauce

Multigrain roll with free range
egg salad

Open Bread
(Vegetarian)

Focaccia pizza with tomato
and 3 kinds of cheese

White roll with vegetarian
schnitzel and iceberg lettuce

Dark bread with cheese
croquettes, preiselbeeren and
salad

Vegetarian hotdog with baked
onions, salad and bbq sauce

Wrap with hummus, tomato,
olives and feta cheese

Hot or Cold
Salad

BBQ salad with red and white
cabbage, apple and iceberg
lettuce

Coucous salad with grilled
vegetables and a tomato
spread

Mexican bean salad with
iceberg lettuce, avocado and
corn

Macaroni, tomato and spinach
salad

Tomato and mozzarella salad
with fresh basil

BRUNCH

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Yoghurt

Natural yoghurt with
clementine and chia seed

Greek yoghurt with toppings:
chia seeds. Sunflower seeds.
Pumpkin seeds, granola &
honey

Strawberry yoghurt with
strawberry coulis and mint

Greek yoghurt with toppings:
chia seeds. Sunflower seeds.
Pumpkin seeds, granola & honey

Natural yoghurt with apple and
cinnamon

Fresh Fruit

Cut Fruit:
Watermelon, Fruit Salad,
Honeydew Melon

Cut Fruit:
Galia Melon, Kiwi Halves,
Black & Green Grapes

Cut Fruit:
Watermelon, Fruit Salad,
Honeydew Melon

Cut Fruit:
Galia Melon, Kiwi Halves,
Black & Green Grapes

Cut Fruit:
Watermelon, Fruit Salad,
Honeydew Melon

Whole Fruit:
Apples, Oranges, Bananas

Whole Fruit:
Ripe Pears, Bananas,
Strawberries

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Apples, Oranges, Bananas

Whole Fruit:
Ripe Pears, Bananas,
Strawberries

Whole Fruit:
Apples, Oranges, Bananas

Beverages

Water

Water

Water

Water

Water