



DINNER

Cycle 1 week 7

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Starter

Bruschetta with tomato and olives

Vega samosa with salsa

Falafel with yoghurt and mint dip

Greek mezze

Naanbread with a dip

Garlic and parmesan bread

Onions rings with garlic dip

Main Course 1
Meat/fish

Beef lasagne with basil, béchamel sauce and parmesan

Chicken fillet with boiled potato, spinach and onion

Lamb sausage, couscous with ras el hanout, vegetable mix, tomato sauce.

Beef moussaka
Potato, tomato, eggplant, onions and cheese

Chicken and potato curry, basmati rice and stir-fry vegetables

Penne carbonara

Spaghetti pesto

Farfalle salmon

Beef bourguignon
Potato croquettes
Mixed vegetables

Main Course 2
vegetarian

Vegetable lasagne with spinach, basil, bechamelk sauce and parmesan

Smokey texas burger with boiled potato, spinach an onion

Vega sausage, couscous with ras el hanout, vegetable mix, tomato sauce.

Vega moussaka
Potato, tomato, eggplant, onions and soy

Sweet potato curry, basmati rice and stir-fry vegetables

Salad buffet

Vega bourguignon
Potato croquettes
Mixed vegetables

Simple Main Course

Macaroni with tomatosauce and grilled vegetables

Dark bread with scrambled eggs and tomato

Baguette with Italian ham, tomato spread and olives

Turkish bread with chicken doner and “heksenkaas”

Spinach and ricotta quiche

Kibbeling baguette with cocktail sauce

Pudding

Cream puffs with chocolate sauce

Coconut panna cotta

Muffin

Poffertjes

Soya chocolate or vanilla

Apple pastry

Gevulde koek

Beverages

Water

Water

Water

Water

Water

Water

Water