



DINNER

Cycle 1 week 5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Starter

Vegan crispy nuggets with a dip

Corn on a cob with melted butter

Tomato soup

Stuffed wrap slices

Potato and vegetable omelette

Hot tomato quesadilla

Raw veggie sticks with hummus dip

Main Course 1

Meat/fish

Chicken breast  
Spinach and peas risotto  
Green herbs and parmesan

Pork spare ribs  
Oven baked potato with crème fraîche  
American coleslaw

Beef meatball with a potato and vegetable stew

Smokey sausage with endive stew, bacon strips and apple sauce

Beef steak with baked onions  
Red cabbage  
Potato croquette

Fajita chicken  
Iceberg lettuce  
Potato wedges

Lasagne Bolognese  
Salad buffet

Main Course 2

vegetarian

Chicken “style” pieces  
Spinach and peas risotto  
Green herbs and parmesan

Vegan kebab  
Oven baked potato with crème fraîche  
American coleslaw

Vega meatball with a potato and vegetable stew

Vegan Smokey sausage with endive stew, vegan bacon strips and apple sauce

Vegetable steak with baked onions  
Red cabbage  
Potato croquette

Vega fajita  
Iceberg lettuce  
Potato wedges

Lasagne vega  
Salad buffet

Simple Main Course

BLT Baguette  
cocktail sauce

Noodle snack with white rice

Ham and cheese panini served with a salad

Pulled pork sandwich with bbq sauce

Spicy chicken wrap

Hot dog sandwich

Dark bread with meatloaf and honey mustard

Pudding

Chocolate cake with vanilla cream

Vanilla donut

Apple beignet

Waffle with raspberries

Carrot cake

Magnum ice cream

Cream puffs

Beverages

Water

Water

Water

Water

Water

Water

Water