



LUNCH - 12:30pm to 13:30pm

WEEK 1

	MONDAY Vegetarian	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Homemade Soup	Clear Vegetables Soup with French Bread	Minestrone Soup Ciabatta Bread	French Onions Soup with Cheese Bread	Tomato soup with Garlic Bread	Mushrooms Soup with French Bread		
Open Bread (Meat/Fish)	Dark Miller Loaf with Hummus and Grilled Vegetables	Pita Chicken Döner, Iceberg Lettuce, Tomato, Cucumber and Tzatziki Sauce	Toast with Kibbeling, Remoulade Sauce, Mixed Leaf and Lemon	Italian Bread with Beef Meatballs and Tomato Sauce and Melted Cheese	Salmon on Dark Bread with Mixed leaf, Cucumber, Cocktail Sauce and Lemon		
Open Bread (Vegetarian)	French Baguette with Tomato and Gratinated Cheese	Pita Falafel, Iceberg Lettuce, Tomato, Cucumber and Tzatziki Sauce	Vegetarian Cheese Toast “Croque Monsieur”	Ciabatta with Tomato, Nuts free Pesto, Melted Mozzarella	Vegetarian Club Sandwich with Cheese, Tomato, Cucumber and Cocktail Sauce		
Hot or Cold Salad	Classic Greek Salad Iceberg Lettuce, Tomato, Cucumber, Olives, Feta Cheese	Niçoise Salad Iceberg Lettuce, Tuna, Potato, egg, Haricots vert Beans, Olives and Capers	Caesar Salad Iceberg Lettuce, Chicken, egg, Parmesan Cheese, Tomato, Garlic Croutons, Caesar dressing	Superfood Salad Mixed leaf, Carrot, Blueberries, Avocado, Pumpkin Seeds, Pomegranate, Hummus	Vegetables Pasta Salad with Tomato, Basil and Rocket Salad	Brunch Shown as part of the Breakfast Menu	Brunch Shown as part of the Breakfast Menu
Yogurt	Greek Yogurt With Topping	Natural Yogurt with Mango and Mint	Greek Yogurt with Topping	Red Fruit Quark with Forest Berries	Greek Yogurt with Topping		
Fresh Fruit	Cut Fruit: Watermelon, Fruit Salad, Honeydew Melon Whole Fruit: Apples, Oranges, Bananas	Cut Fruit: Galia Melon, Kiwi Halves, Black & Green Grapes Whole Fruit: Ripe Pears, Bananas, Strawberries	Cut Fruit: Watermelon, Fruit Salad, Honeydew Melon Whole Fruit: Apples, Oranges, Bananas	Cut Fruit: Galia Melon, Kiwi Halves, Black & Green Grapes Whole Fruit: Ripe Pears, Bananas, Strawberries	Cut Fruit: Watermelon, Fruit Salad, Honeydew Melon Whole Fruit: Apples, Oranges, Bananas		
Beverages	Water	Water	Water	Water	Water		