



Homemade Soup

Italian Minestrone soup

Broccoli Soup

Faki Soup (Lentils, Carrot, Tomato and Parsley)

French Onion Soup

Indian Red Curry Soup with Chickpeas

Open Bread
(Meat/Fish)

Corn Bread with Mackerel, Apple, Pea leaf, curry Dressing

Hot Bacon, Lettuce, Tomato Baguette

Pizza Baguette with Beef Bolognese, Cheese and Rocket

Roast Chicken, Apple Slaw White Seed Bread

Poached Salmon with Cucumber Ribbons on Dark Bread

Open Bread
(Vegetarian)

Dark Bread, Camembert, Honey, Raisin, Salad

Wrap with Cream Cheese and Roasted Vegetable, Salad

Mozzarella and Tomato with Nut free pesto on Focaccia

Mediterranean Qiuiche with Salad

Brie Cheese with Grapes on a Baguette

Hot or Cold
Salad

Classic Greek Salad

“Superfood Salad”
Avocado, Blueberries, Quinoa
Pomegranate, Garlic and Leaf

Classic Caesar Salad

Avocado, Pumpkin Seed, Grated Carrot and Hummus Salad

Pasta Salad with Roasted Vegetables, Olives and Cherrie Tomato

BRUNCH

BRUNCH

Yoghurt

Natural Yoghurt with Mango & Mint

Greek Yoghurt with toppings: Chia seeds, Sunflower seeds, Pumpkin seeds, Honey, Fresh Orange segments, Plums

Strawberry Yoghurt with Fresh Strawberries

Greek Yoghurt with toppings: Chia seeds, Sunflower seeds, Pumpkin seeds, Honey, Fresh Orange segments, Plums

Greek Yoghurt with Red Forrest Fruit

Fresh Fruit

Cut Fruit:
Galia Melon, Strawberries, Black & Green Grapes

Cut Fruit:
Watermelon, Fruit Salad, Honeydew Melon

Cut Fruit:
Galia Melon, Strawberries, Black & Green Grapes

Cut Fruit:
Watermelon, Fruit Salad, Honeydew Melon

Cut Fruit:
Galia Melon, Strawberries, Black & Green Grapes

Whole Fruit:
Apples, Bananas, Nectarines

Whole Fruit:
Pears, Oranges, Bananas

Whole Fruit:
Apples, Bananas, Nectarines

Whole Fruit:
Pears, Oranges, Bananas

Whole Fruit:
Apples, Bananas, Nectarines

Beverages

Water

Water

Water

Water

Water

LUNCH - 12:30pm to 13:30pm

WEEK 2