



**Homemade Soup**

**Open Bread  
(Meat/Fish)**

**Open Bread  
(Vegetarian)**

**Hot or Cold  
Salad**

**Yoghurt**

**Fresh Fruit**

**Beverages**

Tomato Soup with Basil  
Brown bread

Clear zucchini & Chives  
French bread

Vegetarian Noodle Soup  
Brown Rolls

Mushroom and Garlic

French Onion Soup

Classic Chicken Caesar on  
White Bread

Hot Meatball in a  
Sub Roll with Piccalilli Sauce

Miller loaf with roasted  
Salmon and Cocktail sauce

Focaccia Pizza tomato mozzarella  
and olives

Pita with grilled vegetables  
and tomato spread and salad

Miller loaf with free range  
egg salad and Watercress

Cheese and Tomato Baguette  
With salad

Wrap with vegetable spread,  
Iceberg lettuce, grated carrots,  
tomato and soja

Focaccia Pizza Cheese  
& Tomato

Falafel Pita with Tzatziki  
& Salad

Pasta Salad with  
Olives, Tomato & Pesto and  
Roasted vegetables

Superfood Salad  
Vegan

Classic Greek Salad

Chicken Caesar Salad

Avocado, Pumpkin Seeds,  
Grated Carrot and Hummus  
Salad

BRUNCH

BRUNCH

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

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

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

Cut Fruit:  
Watermelon, Fruit Salad,  
Honeydew Melon

Whole Fruit:  
Pears, Oranges, Bananas

Whole Fruit:  
Apples, Bananas, Nectarines

Whole Fruit:  
Pears, Oranges, Bananas

Whole Fruit:  
Apples, Bananas, Nectarines

Whole Fruit:  
Pears, Oranges, Bananas

Water

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Water

Water

Water

**LUNCH - 12:30pm to 13:30pm**

**WEEK 1**