



Homemade Soup

Roasted Butternut Squash
& Garlic

Tomato Soup with a Dash of
Chilli

Curry Cream Soup

Carrot and Lentil Soup

Chervil Soup

**Open Bread
(Meat/Fish)**

**Open Bread
(Vegetarian)**

**Hot or Cold
Salad**

Orange, Fennel and Goat
Cheese

Moroccan Couscous Salad
with Falafel and Tzaziki

Mexican Bean Salad with
Avocado, Tomato and
Cucumber

Italian Pasta Salad with Basil,
Sundried Tomatoes and
Mozzarella Cheese

Iceberg Salad with Lentils,
Roasted Carrots and Feta
Cheese

BRUNCH

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Yoghurt

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

Fresh Fruit

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

Beverages

Water

Water

Water

Water

Water

LUNCH - 12:30pm to 13:30pm

WEEK 3