



Cycle 1 WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Homemade Soup
Served with bread

French onion soup	Tomato and vegetables soup	Clear Forrest mushroom soup	Broccoli cream soup	Faki soup		
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Open Bread
(Meat/Fish)

Italian bun with roastbeef and truffle mayo	Healthy baguette with ham, cheese, egg and salad	Dark bread with avocado smash, crispy bacon and tomato	Warm baguette with tomato and cheese	Brown bread with crab salad and cucumber strips		
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Hot dish

Chicken hotdog with ketchup, mustard and crispy onions	Rigatoni arrabiata	Chicken burger with iceberg, crispy onions and bicky sauce	Pasta pesto	Chicken noodles with tomato sauce		
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Hot or Cold
Salad

Vegan pasta salad Tomato, basil, olives, capers	Vegan salad with carrot, lentils, cherry tomato	Salad with falafel and tomato/hummus	Vegan peach salad with a meatball and vegetable skewer	Quinoa salad with apple, cranberries, goats cheese and honey	Brunch Shown as part of the Breakfast Menu	Brunch Shown as part of the Breakfast Menu
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From the buffet

Daily varying raw vegetables and/or salads with Dressings	Daily varying raw vegetables and/or salads with Dressings	Daily varying raw vegetables and/or salads with Dressings	Daily varying raw vegetables and/or salads with Dressings	Daily varying raw vegetables and/or salads with Dressings		
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Yoghurt

2 types of yoghurt with a variety of Toppings	2 types of yoghurt with a variety of Toppings	2 types of yoghurt with a variety of Toppings	2 types of yoghurt with a variety of Toppings	2 types of yoghurt with a variety of Toppings		
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