



LUNCH - 12:30pm to 13:30pm

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Homemade Soup

Pea & Mint Soup  
French Bread

Roasted Butternut Squash  
White Rolls

Tomato Soup with Basil  
Brown Bread

Red Pepper Soup  
Baguette

Minestrone Soup  
Bread

Open Bread  
(Meat/Fish)

Toast with Kibbeling,  
Remoulade sauce on Iceberg  
Lettuce

Bread with Garlic Mushrooms  
and mixed Salad

Salmon on Dark Bread with  
Cocktail sauce and Cucumber  
salad

Pita Chicken Döner, Iceberg  
Lettuce, Tomato and Cucumber  
Tzatziki Sauce

Puffed Pastry with chicken Ragu  
and Salad

Open Bread  
(Vegetarian)

Vegetarian Cheese Toast  
“Croque Monsieur”

Mediterranean Quiche  
with Salad

Vegetarian Club Sandwich with  
Cheese, Tomato, Cucumber and  
Cocktail Sauce

Pita Falafel, Iceberg Lettuce,  
Tomato and Cucumber Tzatziki  
Sauce

Puffed Pastry with Mushrooms  
and Salad

Hot or Cold  
Salad

Vegetable Pasta Salad  
With Basil, Tomato and  
Rocket

Superfood Salad with  
Hummus, Carrot, Blueberry,  
Avocado, Pomegranate,  
Pumpkin seeds

Chicken Caesar Salad

Roasted Vegetables & Quinoa,  
Hummus Salad

German Potato Salad with  
Spring onions and Leaf

BRUNCH

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Yoghurt

Blackcurrant Yoghurt topped  
with Fresh Red Currants

Pineapple Yoghurt finished  
with Fresh Pineapple & Mint

Natural Yoghurt with Chia seed,  
Clementine & Honey

Greek Yoghurt with Pear  
and Chocolate

Yoghurt with Lemon, Sultana  
& Chia Seed

Fresh Fruit

Cut Fruit:  
Watermelon, Fruit Salad,  
Honeydew Melon

Cut Fruit:  
Galia Melon, Kiwi Halves,  
Black & Green Grapes

Cut Fruit:  
Watermelon, Fruit Salad,  
Honeydew Melon

Cut Fruit:  
Galia Melon, Kiwi Halves,  
Black & Green Grapes

Cut Fruit:  
Watermelon, Fruit Salad,  
Honeydew Melon

Whole Fruit:  
Apples, Oranges, Bananas

Whole Fruit:  
Ripe Pears, Bananas,  
Tangerine

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Apples, Oranges, Bananas

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Ripe Pears, Bananas,  
Tangerine

Whole Fruit:  
Apples, Oranges, Bananas

Beverages

Water

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Water

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