

WEEKLY MENU

3 - 7 June

Monday

Spinach, cherry tomato and feta penne
Chive, herb and olive oil fusilli
Served with parmesan and a fresh green salad
Fresh fruit

Tuesday

Meat / veggie tacos
Served with grated cheese, crème fraiche, guacamole, and salad
Fruit yoghurts and fresh fruits

Wednesday

BBQ chicken breast / veggie "chicken"
Served with rice and broccoli
Fresh fruit

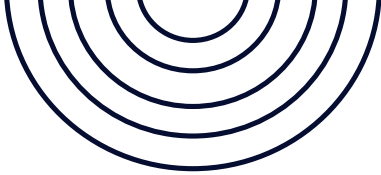
Thursday

Italian beef / veggie spaghetti bolognese
Served with salad and parmesan cheese
Fresh fruit

Friday

Texan beef burger / veggie burger
Served with potato wedges and green salad
Fruit yoghurts and fresh fruit





WEEKLY MENU

10 - 14 June

Monday

Italian veggie lasagne
Basil, herb and olive oil penne
Served with a fresh green salad
Fresh fruit

Tuesday

Beef / Veggie con carne
Served with rice and green salad
Fresh fruit

Wednesday

Pineapple chicken / veggie "chicken" noodles
Served with broccoli
Fresh fruit

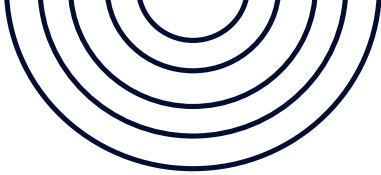
Thursday

Chicken / veggie bangers with onion gravy
Served with mashed potato and baby carrots
Fresh fruit

Friday

Baked fish / veggie fingers
Served with oven chips and green salad
Fruit yoghurts and fresh fruit





WEEKLY MENU

17 - 21 June

Monday

Spaghetti with veggie balls
Served with a green salad
Fresh fruit

Tuesday

Savoury beef meatballs / veggie balls
Served with mash, gravy and green peas
Fruit yoghurts and fresh fruits

Wednesday

Sticky teriyaki chicken drums / veggie "chicken"
Served with green salad, potato salad, carrot and pine salad
Fresh fruit

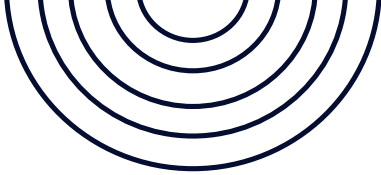
Thursday

Carbonara with ham and bacon / veggie carbonara with cream cheese
Served with salad
Fresh fruit

Friday

Kibbeling (battered fish chunks) / vegan kibbeling
Served with rosti triangles and green salad
Fruit yoghurts and fresh fruits





WEEKLY MENU

24 - 28 June

Monday

Courgette and mushroom tortellini casserole
Served with Italian tomato sauce and baked with cheese

Tuesday

Traditional British meat / veggie cottage pie
Served with green peas
Fruit yoghurts and fresh fruits

Wednesday

Tacos with chicken / veggie "chicken"
Served with sour cream and avocado and green salad
Fresh fruit

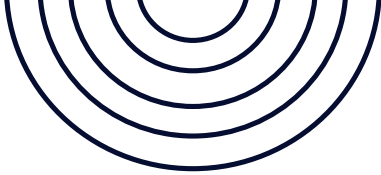
Thursday

Creamy pasta with leek
Tagliatelle with fried leek, mushrooms, bacon, and parmesan cheese
Fresh fruit

Happy Friday

Fish / vega "fish" burger
Served with potato wedges and mixed vegetables
Fruit yoghurts and fresh fruit





WEEKLY MENU

1 - 5 July

Monday

American corn mac and cheese
Basil, herb and olive oil macaroni
Tomato cucumber salad
Fresh fruit

Tuesday

Beef / veggie "meat" burritos
Served with green salad
Fresh fruit and yoghurt

Wednesday

Chicken / veggie "chicken" with mango
Served with snow peas, rice and green salad
Fresh fruit

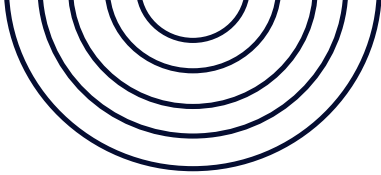
Thursday

Crispy chicken
Served with fries and salad
Fresh fruit

Friday

Shoarma / veggie "shoarma"
Served with Turkish bulgur salad and pita
Fruit yogurts and fresh fruit





WEEKLY MENU

8 - 11 July

Monday

Mac and cheese
Served with green salad
Fresh fruit

Tuesday

Minced meat / vegan minced "meat" casserole
Served with sliced potatoes and broccoli
Fruit yoghurts and fresh fruit

Wednesday

Veggie schnitzels with hunters sauce
Served with smashed potatoes and green salad
Fresh fruit

