



food you love

PRE-PACKED LUNCHES

EARLY YEARS



BRITISH SCHOOL OF AMSTERDAM





Pre-packed lunch subscription Early Years

At The British School we offer a daily fresh prepared lunch bag for the Early Years. The price of a lunch subscription is:

Early Years: € 3,25 a day

In our ordering system you can order the pre-packed lunch subscription, link: <https://markies-nl-bsa.12order.eu>

Allergies or diet wishes? Please contact us by email:
markiescatering@britams.nl

Yours Sincerely,

Appèl Catering Team



WEEK OF 3 JUNE 2024

The Early Years lunch bags always include fruit water.
The menu is also available as vegan or gluten-free.

Early years

Monday

- Soft ham & tomato roll
 - Green salad
 - Apple
- *Vegetarian: guacamole wrap

Tuesday

- BBQ chicken wrap
 - Crab salad sandwich
 - Fresh fruit salad
- *Vegetarian: brie sandwich

Wednesday

- BLT sandwich
 - Cheese wrap
 - Banana
- *Vegetarian: egg sandwich

Thursday

- Salami & tomato soft roll
 - Cheese & cucumber sandwich
 - Fruit with yoghurt
- *Vegetarian: falafel & dairy spread wrap

Friday

- Egg salad wrap
 - Chicken salad
 - Mandarine
- *Vegetarian: hummus sandwich



WEEK OF 10 JUNE 2024

The Early Years lunch bags always include fruit water.
The menu is also available as vegan or gluten-free.

Early years

Monday

- Soft roll chicken pesto
 - Couscous salad
 - Apple
- *Vegetarian: guacamole wrap

Tuesday

- Cheese wrap
 - Egg salad sandwich
 - Fresh fruit salad
- *Vegetarian: brie sandwich

Wednesday

- Salami & tomato sandwich
 - Chicken wrap
 - Banana
- *Vegetarian: egg sandwich

Thursday

- BLT sandwich
 - Cheddar cheese & tomato roll
 - Apple
- *Vegetarian: falafel wrap

Friday

- Salmon & cream cheese wrap
 - Chicken salad
 - Mandarine
- *Vegetarian: hummus sandwich



WEEK OF 17 JUNE 2024

The Early Years lunch bags always include fruit water.
The menu is also available as vegan or gluten-free.

Early years

Monday

- Soft ham & tomato roll
 - Green salad
 - Apple
- *Vegetarian: guacamole wrap

Tuesday

- BBQ chicken wrap
 - Crab salad sandwich
 - Fresh fruit salad
- *Vegetarian: brie sandwich

Wednesday

- BLT sandwich
 - Cheese wrap
 - Banana
- *Vegetarian: egg sandwich

Thursday

- Salami & tomato soft roll
 - Cheese & cucumber sandwich
 - Fruit with yoghurt
- *Vegetarian: falafel & dairy spread wrap

Friday

- Egg salad wrap
 - Chicken salad
 - Mandarine
- *Vegetarian: hummus sandwich



WEEK OF 24 JUNE 2024

The Early Years lunch bags always include fruit water.
The menu is also available as vegan or gluten-free.

Early years

Monday

- Soft roll chicken curry
 - Pasta salad
 - Apple
- *Vegetarian: cottage cheese wrap

Tuesday

- Teriyaki chicken wrap
 - Egg salad sandwich
 - Fresh fruit salad
- *Vegetarian: brie & honey sandwich

Wednesday

- Ham & tomato sandwich
 - Cheese wrap
 - Banana
- *Vegetarian: egg sandwich

Thursday

- Salami & tomato soft roll
 - Cheese & cucumber sandwich
 - Fruit with yoghurt
- *Vegetarian: falafel & dairy spread wrap

Friday

- Salmon & cream cheese wrap
 - Couscous salad
 - Mandarine
- *Vegetarian: hummus sandwich



WEEK OF 1 JULY 2024

The Early Years lunch bags always include fruit water.
The menu is also available as vegan or gluten-free.

Early years

Monday

- Soft roll chicken pesto
 - Couscous salad
 - Apple
- *Vegetarian: guacamole wrap

Tuesday

- Cheese wrap
 - Egg salad sandwich
 - Fresh fruit salad
- *Vegetarian: brie sandwich

Wednesday

- Salami & tomato sandwich
 - Brie wrap
 - Banana
- *Vegetarian: egg sandwich

Thursday

- Ham & cucumber soft roll
 - Cheese & tomato sandwich
- *Vegetarian: falafel & dairy spread wrap

Friday

- Salmon & cream cheese wrap
 - Chicken salad
 - Mandarine
- *Vegetarian: hummus sandwich



WEEK OF 8 JULY 2024

The Early Years lunch bags always include fruit water.
The menu is also available as vegan or gluten-free.

Early years

Monday

- Soft ham & tomato roll
 - Green salad
 - Apple
- *Vegetarian: guacamole wrap

Tuesday

- BBQ chicken wrap
 - Crab salad sandwich
 - Fresh fruit salad
- *Vegetarian: brie sandwich

Wednesday

- BLT sandwich
 - Cheese wrap
 - Banana
- *Vegetarian: egg sandwich

