



food you love

PRE-PACKED LUNCHES

JUNIOR & SENIOR



BRITISH SCHOOL OF AMSTERDAM





Pre-packed lunch subscription

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

Junior School: € 4,85 a day

Senior School: € 5,75 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

Junior lunch bags always include fruit water. Senior lunch bags are provided with a healthy drink of the student's choice. The menu is also available as vegan or gluten-free.

Junior

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

Senior

Monday

- Baguette ham & tomato
- Green salad
- Apple

*Vegetarian: guacamole wrap

Tuesday

- BBQ chicken wrap
- Crab salad sandwich
- Fresh fruit salad

*Vegetarian: rustic brie roll

Wednesday

- BLT baguette
- Cheese wrap
- Banana

*Vegetarian: egg baguette

Thursday

- Baguette salami & tomato
- 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

Junior lunch bags always include fruit water. Senior lunch bags are provided with a healthy drink of the student's choice. The menu is also available as vegan or gluten-free.

Junior

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

Senior

Monday

- Baguette chicken pesto
 - Couscous salad
 - Apple
- *Vegetarian: guacamole wrap

Tuesday

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

Wednesday

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

Thursday

- BLT baguette
 - Cheddar cheese & tomato roll
 - Appel
- *Vegetarian: falafel wrap

Friday

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



WEEK OF 17 JUNE 2024

Junior lunch bags always include fruit water. Senior lunch bags are provided with a healthy drink of the student's choice. The menu is also available as vegan or gluten-free.

Junior

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

Senior

Monday

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

Tuesday

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

Wednesday

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

Thursday

- Baguette salami & tomato
 - 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

Junior lunch bags always include fruit water. Senior lunch bags are provided with a healthy drink of the student's choice. The menu is also available as vegan or gluten-free.

Junior

Monday

- Soft chicken curry roll
 - 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

Senior

Monday

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

Tuesday

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

Wednesday

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

Thursday

- Baguette salami & tomato
 - 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

Junior lunch bags always include fruit water. Senior lunch bags are provided with a healthy drink of the student's choice. The menu is also available as vegan or gluten-free.

Junior

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

Senior

Monday

- Baguette chicken pesto
 - Couscous salad
 - Apple
- *Vegetarian: guacamole wrap

Tuesday

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

Wednesday

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

Thursday

- BLT baguette
 - Cheddar cheese & tomato roll
 - Appel
- *Vegetarian: falafel wrap

Friday

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



WEEK OF 8 JULY 2024

Junior lunch bags always include fruit water. Senior lunch bags are provided with a healthy drink of the student's choice. The menu is also available as vegan or gluten-free.

Junior

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

Senior

Monday

- Baguette ham & tomato
- Green salad
- Apple

*Vegetarian: guacamole wrap

Tuesday

- BBQ chicken wrap
- Crab salad sandwich
- Fresh fruit salad

*Vegetarian: rustic brie roll

Wednesday

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

