



# 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://bestellen.markiescatering.nl/bs2/shopping>

Allergies or diet wishes? Please contact us by email:

[Appelcatering@britams.nl](mailto:Appelcatering@britams.nl)

Yours Sincerely,

Appel Catering Team



# WEEK OF 4 NOVEMBER 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 11 NOVEMBER 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 18 NOVEMBER 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 25 NOVEMBER 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

- 'Sinterklaas' - Morning school only

### 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

- 'Sinterklaas' - Morning school only

### Friday

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



# WEEK OF 2 DECEMBER 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 9 DECEMBER 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 16 DECEMBER 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

- Morning school only

## 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

- Morning school only

