



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

Allergies or diet wishes? Please contact us by email:

Appelcatering@britams.nl

Yours Sincerely,

Appel Catering Team



WEEK OF 6 JANUARY 2024

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

Early years

Monday

- Staff Planning & Development

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 13 JANUARY 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 20 JANUARY 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 27 JANUARY 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 3 FEBRUARY 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

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

Friday

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



WEEK OF 10 FEBRUARY 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

