

# WEEKLY MENU

Week 9: Various dishes with international flavors

## Magical Monday

- Traditional Italian vegetarian lasagna
- Penne with basil, herbs, and olive oil
- Green salad
- Fresh fruit

## Joyful Tuesday

- Beef burrito (lean ground beef, burrito spices, tomato, corn, paprika, onions, red/black beans)
- Veggie burrito
- Served on whole wheat wraps with creme fraiche, grated cheese, zweet corn & peas
- Fruit yogurt and fresh fruit

## Wonderful Wednesday

- Yakitori chicken sticks
- Veggie yakitori sticks
- Served with Mekong rice and broccoli
- Fresh fruit

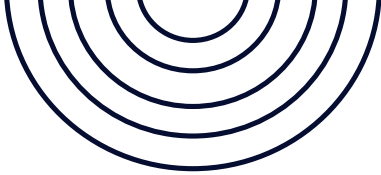
## Sunny Thursday

- BSA's famous carbonara with ham and bacon
- BSA's famous veggie carbonara with cream cheese
- Served with salad
- Fresh fruit

## Happy Friday

- Margherita pizza
- Green salad
- Fruit yogurts and fresh fruit





# WEEKLY MENU

Week 10: Hearty and nutritious meals

## Magical Monday

- American penne & cheese with corn
- Penne with basil, herbs & olive oil
- Served with a fresh green salad
- Fresh fruit

## Joyful Tuesday

- Grilled beef sausages
- Grilled vegetarian sausages
- Served with mashed potatoes, onion gravy & green beans
- Fruit yogurts & fresh fruit

## Wonderful Wednesday

- Indonesian chicken noodles
- Veggie chicken noodles
- Served with carrots & ketjap manis
- Fresh fruit

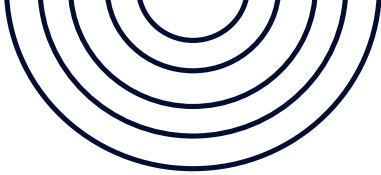
## Sunny Thursday

- Teriyaki meatballs
- Vegan meatballs
- Served with mashed potatoes & peas
- Fresh fruit

## Happy Friday

- American hotdogs
- Vegan hotdogs
- Served with oven wedges & green salad
- Yogurts and fresh fruit





# WEEKLY MENU

Week 11: Classic & global dishes

## Magical Monday

- Mediterranean fusilli (ratatouille & cherry tomato)
- Fusilli with chives, herbs and olive oil
- Served with parmesan cheese and fresh green salad
- Fresh fruit

## Joyful Tuesday

- Light beef stew with carrots & potatoes
- Light vegetarian stew
- Served with rice, mango chutney & green salad
- Fruit yogurts & fresh fruit

## Wonderful Wednesday

- Chicken lollipops (chicken meatballs on a skewer)
- Vegan satays
- Served with boiled potatoes, green beans
- Fresh fruit

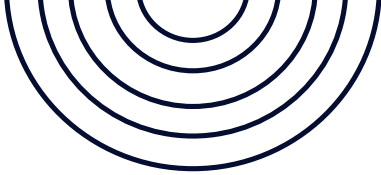
## Sunny Thursday

- Spaghetti bolognese
- Vegetarian spaghetti bolognese
- Served with green salad & parmesan cheese
- Fresh fruit

## Happy Friday

- Kibbeling
- Vegan kibbeling
- Served with oven fries & peas
- Fresh fruit and yogurts





# WEEKLY MENU

Week 12: balanced and flavorful selections

## Magical Monday

- Penne Napoli
- Penne with basil, herbs & olive oil
- Served with green salad
- Fresh fruit

## Joyful Tuesday

- Beef stroganoff
- Veggie stroganoff
- Served with boiled potatoes
- Fruit yogurts & fresh fruit

## Wonderful Wednesday

- Roasted lemon, herb & butter chicken breasts
- Veggie chicken breast
- Served with a green salad, potato salad, broccoli
- Fresh fruit

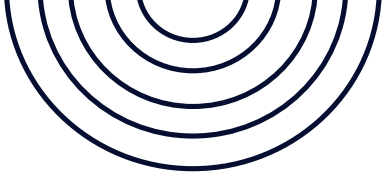
## Sunny Thursday

- Traditional Italian beef lasagna
- Vegetarian lasagna
- Served with salad
- Fresh fruit

## Happy Friday

- Fish fingers
- Vegan fish sticks
- Served with oven-baked sliced potatoes & green salad
- Yogurts & fresh fruit





# WEEKLY MENU

Week 13: comfort food and wholesome ingredients

## Magical Monday

- Orzo with spinach & tomato
- Fusilli with chives, herbs & olive oil
- Served with parmesan cheese & fresh green salad
- Fresh fruit

## Joyful Tuesday

- Chili con carne (lean ground beef, spices, corn, paprika, onions & red/brown beans)
- Veggie chili sin carne
- Served with rice & green salad
- Fruit yogurts & fresh fruit

## Wonderful Wednesday

- Grilled chicken sausage
- Vegan sausage
- Served with mashed potatoes, green beans, tomato & chives
- Fresh fruit

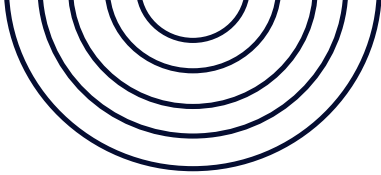
## Sunny Thursday

- BBQ pulled beef, chicken or pork
- Vegan pulled jackfruit
- Served with boiled potatoes and carrots
- Fresh fruit

## Happy Friday

- Chicken burgers
- Vegan burgers
- Served with hash browns and green salad
- Yogurts and fresh fruit





# WEEKLY MENU

Week 14: savory classics with a twist

## Magical Monday

- Truffle tapenade fusilli with feta
- Penne with basil, herbs & olive oil
- Served with a green salad
- Fresh fruit

## Joyful Tuesday

- Traditional English cottage pie
- Vegetarian cottage pie
- Served with green peas
- Fresh fruit and yogurts

## Wonderful Wednesday

- Balsamic & lemon chicken breasts
- Vegetarian chicken breasts
- Served with Mekong rice, broccoli casserole & brie
- Fresh fruit

## Sunny Thursday

- BSA's famous carbonara with ham & bacon
- Vegetarian carbonara with cream cheese
- Served with salad
- Fresh fruit

## Happy Friday

- Chicken or pork schnitzel
- Vegan schnitzel
- Served with wedges and hunter's sauce
- Fresh fruit and yogurts

