



# 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](mailto:Appelcatering@britams.nl)

Yours Sincerely,

Appel Catering Team



# WEEK OF 24 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



# WEEK OF 3 MARCH 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 10 MARCH 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 17 MARCH 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 24 MARCH 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 31 MARCH 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

