

# ~Weekly Lunch Menu~



Week 38

Date: 17<sup>th</sup> September - 21<sup>st</sup> September 2018

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Snack**</b> 10. <sup>00</sup> -10. <sup>30</sup>	Cucumber sticks Sliced melon	Cherry tomatoes Sliced banana	Cubed beetroot Kiwis	Sliced pepper Grapes	Carrot sticks Pineapple chunks
<i>Choice of juice or water plus a carbohydrate</i>					
<b>Lunch***</b> 12. <sup>30</sup> -13. <sup>15</sup>	Veal patty served with pepperoni sauce* Linguine° Creamed spinach Carrot sticks Pear slices	Tortellini with ricotta and spinach Cinque pi sauce* Cauliflower* Sliced pepper Slices of peach	Chicken steak served with Thyme sauce Oven potatoes°* broccoli Cherry tomatoes Water melon	Fried fish served with a basil sauce* Cous Cous° Green peas°* Cubed beetroot Apple slices	Vegetable bouillon with egg* Bread, cheese and cold meats Cucumber sticks Halved plums Seed cookies
<b>Afternoon Snack</b> 15. <sup>00</sup> -15. <sup>15</sup>	<i>Choice of fruit tea or water plus a fruit** and vegetable**</i>				
	<small>No sauce (PR/AC) No spinach (AC/SG/PR)</small>			<small>No bread (SG/PS)</small>	
<b>Alternative Menu</b>	Vegan (AB/AC) § Pasta (SG)*	Pasta (PS)*	Vegan (AB/AC) §		Vegan meats (AB/AC) Soup (AC/PR/PS)

°Lactose Free  
\*Gluten Free

\*\*all fruits and vegetables are subject to availability  
\*\*\*Lunch is always served with water