

~Weekly Lunch Menu~



Week 40

Date: 1st October - 5th October 2018

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Snack** 10. ⁰⁰ -10. ³⁰	<i>Cucumber sticks</i> <i>Pineapple chunks</i>	<i>Sliced peppers</i> <i>Bananas</i>	<i>Cubed beetroot</i> <i>Kiwis</i>	<i>Cherry tomatoes</i> <i>Sliced melon</i>	<i>Carrot sticks</i> <i>Grapes</i>
<i>Choice of juice or water plus a carbohydrate</i>					
Lunch*** 12. ³⁰ -13. ¹⁵	<i>Curry sesame burger*</i> <i>Bombay sauce°*</i> <i>Salted potatoes°*</i> <i>Broccoli°*</i> <i>Carrot sticks</i> <i>Apple slices</i>	<i>Pangasius fish filet°*</i> <i>Dill sauce*</i> <i>Butter rice*</i> <i>Creamed spinach</i> <i>Cherry tomatoes</i> <i>Sliced mango</i>	<i>Chicken bolognaise sauce°*</i> <i>Bow-tie Pasta°</i> <i>Sweet corn salad</i> <i>Sliced peppers</i> <i>Halved plums</i> <i>Seed cookies</i>	<i>“Adrio” pork and veal</i> <i>Herb sauce*</i> <i>Ribel corn terrine</i> <i>Green peas°*</i> <i>Cubed beetroot</i> <i>peaches</i>	<i>Strips of chicken in gravy°*</i> <i>Pilau rice°*</i> <i>Cauliflower*</i> <i>Cucumber sticks</i> <i>Yoghurt</i> <i>Berries and granola</i>
Afternoon Snack 15. ⁰⁰ -15. ¹⁵	<i>Choice of fruit tea or water plus a fruit** and vegetable**</i>				
Alternative Menu	<i>Beef burger (PR)</i> <i>Falafel (AB/AC) §</i>	<i>Veal burger (PS)</i>	<i>Tomato sauce (AB/AC)</i> <i>Pasta* (SG/PS) §</i>	<i>Veggie sausage (AB)§</i>	<i>Vegan nuggets</i> <i>(AB/AC) §</i>

°Lactose Free
*Gluten Free

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