

# ~Weekly Lunch Menu~



Week 50

Date: 10<sup>th</sup> December - 14<sup>th</sup> December 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>	Cherry tomatoes Kiwis	Carrot sticks Pineapple chunks	Cucumber sticks Apple slices	Cubed beetroot Orange wedges	
<i>Choice of juice or water plus a carbohydrate</i>					
<b>Lunch***</b> 12. <sup>30</sup> -13. <sup>15</sup>	Macaroni° Chicken bolognaise°* Parmesan cheese Cucumber sticks Carrot sticks Sliced pears	Vegetable bouillon° Bread, cheese and cold meats Cherry tomatoes Grapes	Veal kebab* Yoghurt sauce* Pita bread Sweet corn salad°* Sliced peppers mandarins	Cheese pasties Tomato salsa°* Organic rice°* Glazed carrots Cucumber sticks Bananas	
<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>				
<b>Alternative Menu</b>	Tomato sauce (AB)	Gluten free Bread and soup (PS) §	Falafel (AB) Rice (PR/PS)		

°Lactose Free  
\*Gluten Free

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