

~Weekly Lunch Menu~



Week 36

Date: 3rd September- 7th September 2018

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Snack** 10. ⁰⁰ -10. ³⁰	<i>Beetroot cubes</i> <i>Pear slices</i>	<i>Carrot sticks</i> <i>kiwis</i>	<i>Cherry tomatoes</i> <i>Pineapple chunks</i>	<i>Pepper slices</i> <i>Halved apricots</i>	<i>Cucumber sticks</i> <i>Sliced mango</i>
<i>Choice of juice or water plus a carbohydrate</i>					
Lunch*** 12. ³⁰ -13. ¹⁵	<i>Veggie spring rolls°</i> <i>Sweet and sour dip°</i> <i>Organic rice°*</i> <i>Ratatouille°*</i> <i>Cucumber sticks</i> <i>Orange wedges</i>	<i>Chicken steak°*</i> <i>Tomato sauce°*</i> <i>Semolina slice</i> <i>Kohlrabi salad</i> <i>Sliced peppers</i> <i>Bananas</i>	<i>Chicken fricasee*</i> <i>Fairtrade rice°*</i> <i>Lentil salad°*</i> <i>Pepper slices</i> <i>Grapes</i>	<i>Roast beef served with gravy°</i> <i>Paprika potatoes</i> <i>Green beans°*</i> <i>Carrot sticks</i> <i>Halved plums</i>	<i>Fish filet°</i> <i>Salted potatoes°*</i> <i>Broccoli °*</i> <i>Cherry tomatoes</i> <i>Sliced melon</i>
Afternoon Snack 15. ⁰⁰ -15. ¹⁵	<i>Choice of fruit tea or water plus a fruit** and vegetable**</i>				
Alternative Menu	<i>Turkey breast (SG)</i>	<i>Omelette (AB)</i>	<i>Chicken(PR)veggie sticks(AB)falafel(AC)</i>	<i>Quiche (AB)</i>	<i>Turkey breast (PR)</i> <i>Minced Lupin(AC)</i>

°Lactose Free
*Gluten Free

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