SWISSCANONICA
Gourmet Food

Week n° 1
August - September

SUNDAY 29.08

Starter	Green Peas with Salted Butter
Main Protein	Chicken Cacciatore Stew
Main Vegetable	Vegetarian Moussaka
Side Dish	Crushed Buttery Potato
Dessert	Mini Muffin

MONDAY 30.08

Starter	Greek Salad
Main Protein	Marinated Fish Fillet
Main Vegetable	Vegetable and Tofu Ponzu Noodles
Side Dish	Ponzu Noodles
Dessert	Bread Roll & Cheese

TUESDAY 31.08

Starter	Cucumber Sticks / Homemade Soup
Main Protein	Meat Balls in Tomato Sauce
Main Vegetable	Quinoa Balls in Tomato Sauce
Side Dish	White Rice
Dessert	Fruit Yogurt

WEDNESDAY 01.09

Starter	Edamame
Main Vegetable	Zucchini Mac and Cheese
Main Vegetable	Pasta Bar (only available for grande classe students)
Side Dish	/
Dessert	Mixed Fruit Salad

THURSDAY 02.09

Starter	Tricolore Salad
Main Protein	Chicken Milanese
Main Vegetable	Gnocchi Sorrentina
Side Dish	Spaghetti Pomodoro
Dessert	Tiramisu per Bambini

SWISSCANONICA
Gourmet Food

Week n°2
September

SUNDAY 05.09

Starter	Steamed Broccoli with Olive Oil
Main Protein	Stir Fry Orange and Honey Chicken
Main Vegetable	Cauliflower and Chickpea Curry
Side Dish	Brown Rice
Dessert	Mini Muffin

MONDAY 06.09

Starter	Tomato and Mozzarella Salad
Main Protein	Baked Fish with Herbs and Garlic
Main Vegetable	Cottage Cheese in Mixed Root Veggie Sauce
Side Dish	Provencal Vegetables
Dessert	Bread Roll & Cheese

TUESDAY 07.09

Starter	Lettuce with Balsamic / Homemade Soup
Main Protein	Mild Chilli Con Carne
Main Vegetable	Vegetarian Mild Chilli
Side Dish	White Rice
Dessert	Fruit Yogurt

WEDNESDAY 08.09

Starter	Steamed Garden Vegetables
Main Vegetable	Penne with Tomato and Secret Spinach
Main Vegetable	Pasta Bar (only available for grande classe students)
Side Dish	/
Dessert	Mixed Fruit Salad

THURSDAY 09.09

Starter	Coleslaw
Main Protein	Beef Cheeseburger
Main Vegetable	Veggie Burger
Side Dish	Oven Fries
Dessert	NY Donuts

SWISSCANONICA
Gourmet Food

Week n° 3
September

SUNDAY 12.09

Starter	Roasted Pumpkin
Main Protein	Chicken Meat Balls with Mushroom Sauce
Main Vegetable	Crispy Veggie Balls with Mushroom Sauce
Side Dish	Barley
Dessert	Mini Muffin

MONDAY 13.09

Starter	Fattoush Salad
Main Protein	Baked Teriyaki Salmon
Main Vegetable	Honey Glazed Tofu
Side Dish	Jasmine Rice
Dessert	Bread Roll & Cheese

TUESDAY 14.09

Starter	Cherry Tomatoes / Homemade Soup
Main Protein	Japanese Beef Curry
Main Vegetable	Japanese Vegetarian Curry
Side Dish	Brown Rice
Dessert	Fruit Yogurt

WEDNESDAY 15.09

Starter	Roasted Courgette
Main Vegetable	Farfalle with Green Peas and Parmesan
Main Vegetable	Pasta Bar (only available for grande classe students)
Side Dish	/
Dessert	Mixed Fruit Salad

THURSDAY 16.09

Starter	Potato and Leek Soup
Main Protein	Shepherd Pie
Main Vegetable	Vegetarian Wellington
Side Dish	Steamed Vegetables
Dessert	Sponge Cake with Lemon Custard

SWISSCANONICA
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Week n° 4
September

SUNDAY 19.09

Starter	Steamed Baby Carrots
Main Protein	Chicken Snitzel with Homemade Ketchup
Main Vegetable	Lentil Vegetable Nuggets with Dip
Side Dish	Potato Wedges
Dessert	Mini Muffin

MONDAY 20.09

Starter	Chickpea and Pomegranate Salad
Main Protein	Yellow Fish Curry
Main Vegetable	Mix Veg Curry (thai)
Side Dish	Thai Sticky Rice
Dessert	Bread Roll & Cheese

TUESDAY 21.09

Starter	Bell Pepper Sticks / Homemade Soup
Main Protein	Lasagne Bolognese
Main Vegetable	Pumpkin Lasagne
Side Dish	Pasta
Dessert	Fruit Yogurt

WEDNESDAY 22.09

Starter	Steamed Cauliflower
Main Vegetable	Veggie Stir Fry Egg Noodles
Main Vegetable	Pasta Bar (only available for grande classe students)
Side Dish	/
Dessert	Mixed Fruit Salad

THURSDAY 23.09

Starter	Sauerkraut
Main Protein	German Beef Sausage with Caramelized Onion
Main Vegetable	Vegetable Bratwurst with Caramelized Onion
Side Dish	Bun and Bratkartoffeln
Dessert	Apple Strudel

SWISSCANONICA
Gourmet Food

Week n° 5
September

SUNDAY 26.09

Starter	Green Beans with Butter
Main Protein	Chicken Mandi
Main Vegetable	Vegetable Biryani
Side Dish	Basmati Rice
Dessert	Mini Muffin

MONDAY 27.09

Starter	Tabbouleh
Main Protein	Parmesan Crusted Baked Fish
Main Vegetable	Halloumi Skewers
Side Dish	Sweet Potato Oven Fries
Dessert	Bread Roll & Cheese

TUESDAY 28.09

Starter	Lettuce with Parmesan Dressing / Homemade Soup
Main Protein	Char Siu Beef with Gravy
Main Vegetable	Char Siu Tofu with Vegetables
Side Dish	Wild Rice
Dessert	Fruit Yogurt

WEDNESDAY 29.09

Starter	Caramelized Carrots
Main Vegetable	Penne with Tomato Sauce and Parmesan
Main Vegetable	Pasta Bar (only available for grande classe students)
Side Dish	/
Dessert	Mixed Fruit Salad

THURSDAY 30.09

Starter	Russian Potato Salad
Main Protein	Beef Stroganoff
Main Vegetable	Vegetable Stroganoff
Side Dish	Flat Noodles
Dessert	Napoleon Honey Cake