

Menu

Monday		
6-Nov	Soup	Spinach Soup
	Main Dish	Brazilian Rumpsteak
	Side Dish	Roast Potatoes
	Vegetables	Green Beans
	Dessert	Fruit

Monday		
13-Nov	Soup	Green Bean Soup
	Main Dish	Bolognaise
	Side Dish	Mashed Potatoes
	Vegetables	Broccoli
	Dessert	Fruit

Monday		
20-Nov	Soup	Zucchini Soup
	Main Dish	Chicken Drumsticks
	Side Dish	Roast Sweet Potatoes
	Vegetables	Spinach Purée
	Dessert	Fruit

Monday		
27-Nov	Soup	Spinach Soup
	Main Dish	Brazilian Rumpsteak
	Side Dish	Roast Potatoes
	Vegetables	Green Beans
	Dessert	Fruit

Monday		
4-Dec	Soup	Green Bean Soup
	Main Dish	Bolognaise
	Side Dish	Mashed Potatoes
	Vegetables	Broccoli
	Dessert	Fruit

Monday		
11-Dec	Soup	Zucchini Soup
	Main Dish	Chicken Drumsticks
	Side Dish	Roast Sweet Potatoes
	Vegetables	Spinach Purée
	Dessert	Fruit

Monday		
18-Dec	Soup	Spinach Soup
	Main Dish	Brazilian Rumpsteak
	Side Dish	Roast Potatoes
	Vegetables	Green Beans
	Dessert	Fruit

Monday		
1-Jan	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

Monday		
8-Jan	Soup	Zucchini Soup
	Main Dish	Chicken Drumsticks
	Side Dish	Roast Sweet Potatoes
	Vegetables	Spinach Purée
	Dessert	Fruit

Monday		
15-Jan	Soup	Spinach Soup
	Main Dish	Brazilian Rumpsteak
	Side Dish	Roast Potatoes
	Vegetables	Green Beans
	Dessert	Fruit

Monday		
22-Jan	Soup	Green Bean Soup
	Main Dish	Bolognaise
	Side Dish	Mashed Potatoes
	Vegetables	Broccoli
	Dessert	Fruit

Tuesday		
7-Nov	Soup	Chickpea Soup
	Main Dish	Baked Hake
	Side Dish	Boiled Potatoes & chickpea
	Vegetables	Broccoli
	Dessert	Fruit

Tuesday		
14-Nov	Soup	Vegetables Soup
	Main Dish	Penne w/ Salmon Strogonoff
	Side Dish	Included
	Vegetables	Greek Vegetables
	Dessert	Fruit

Tuesday		
21-Nov	Soup	Chicken Soup w/ Noodles
	Main Dish	Tuna Rice
	Side Dish	Included
	Vegetables	roast Zucchini
	Dessert	Fruit

Tuesday		
28-Nov	Soup	Chickpea Soup
	Main Dish	Baked Hake
	Side Dish	Boiled Potatoes & chickpea
	Vegetables	Broccoli
	Dessert	Fruit

Tuesday		
5-Dec	Soup	Vegetables Soup
	Main Dish	Penne w/ Salmon Strogonoff
	Side Dish	Included
	Vegetables	Greek Vegetables
	Dessert	Fruit

Tuesday		
12-Dec	Soup	Chicken Soup w/ Noodles
	Main Dish	Tuna Rice
	Side Dish	Included
	Vegetables	roast Zucchini
	Dessert	Fruit

Tuesday		
19-Dec	Soup	Chickpea Soup
	Main Dish	Baked Hake
	Side Dish	Boiled Potatoes & chickpea
	Vegetables	Broccoli
	Dessert	Fruit

Tuesday		
2-Jan	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

Tuesday		
9-Jan	Soup	Chicken Soup w/ Noodles
	Main Dish	Tuna Rice
	Side Dish	Included
	Vegetables	roast Zucchini
	Dessert	Fruit

Tuesday		
16-Jan	Soup	Chickpea Soup
	Main Dish	Baked Hake
	Side Dish	Boiled Potatoes & chickpea
	Vegetables	Broccoli
	Dessert	Fruit

Tuesday		
23-Jan	Soup	Vegetables Soup
	Main Dish	Penne w/ Salmon Strogonoff
	Side Dish	Included
	Vegetables	Greek Vegetables
	Dessert	Fruit

Wednesday		
8-Nov	Soup	Broccoli Soup
	Main Dish	Turkey Ham & Mushrooms Pizza
	Side Dish	Included
	Vegetables	Greek Salad
	Dessert	Mango Mousse

Wednesday		
15-Nov	Soup	Carrot Soup
	Main Dish	Duck Rice
	Side Dish	Included
	Vegetables	Stewed Peas
	Dessert	Banana & Strawberry Mousse

Wednesday		
22-Nov	Soup	Red Bean Soup
	Main Dish	Turkey Steak
	Side Dish	Rice Noodles
	Vegetables	Boiled Chinese Vegetables
	Dessert	Strawberry Jelly

Wednesday		
29-Nov	Soup	Broccoli Soup
	Main Dish	Turkey Ham & Mushrooms Pizza
	Side Dish	Included
	Vegetables	Greek Salad
	Dessert	Mango Mousse

Wednesday		
6-Dec	Soup	Carrot Soup
	Main Dish	Duck Rice
	Side Dish	Included
	Vegetables	Stewed Peas
	Dessert	Banana & Strawberry Mousse

Wednesday		
13-Dec	Soup	Red Bean Soup
	Main Dish	Turkey Steak w/ Cream
	Side Dish	Rice Noodles
	Vegetables	Boiled Chinese Vegetables
	Dessert	Strawberry Jelly

Wednesday		
20-Dec	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

Wednesday		
3-Jan	Soup	Carrot Soup
	Main Dish	Duck Rice
	Side Dish	Included
	Vegetables	Stewed Peas
	Dessert	Banana & Strawberry Mousse

Wednesday		
10-Jan	Soup	Red Bean Soup
	Main Dish	Turkey Steak w/ Cream
	Side Dish	Rice Noodles
	Vegetables	Boiled Chinese Vegetables
	Dessert	Strawberry Jelly

Wednesday		
17-Jan	Soup	Broccoli Soup
	Main Dish	Turkey Ham & Mushrooms Pizza
	Side Dish	Included
	Vegetables	Greek Salad
	Dessert	Mango Mousse

Wednesday		
24-Jan	Soup	Carrot Soup
	Main Dish	Duck Rice
	Side Dish	Included
	Vegetables	Stewed Peas
	Dessert	Banana & Strawberry Mousse

Thursday		
9-Nov	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

Thursday		
16-Nov	Soup	Watercress Soup
	Main Dish	Fish Fingers
	Side Dish	White Rice
	Vegetables	roast Carrot
	Dessert	Fruit

Thursday		
23-Nov	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

Thursday		
30-Nov	Soup	Cauliflower
	Main Dish	Steamed Fish
	Side Dish	Mashed Potatoes
	Vegetables	roast Pumpkin
	Dessert	Fruit

Thursday		
7-Dec	Soup	Watercress Soup
	Main Dish	Fish Fingers
	Side Dish	White Rice
	Vegetables	roast Carrot
	Dessert	Fruit

Thursday		
14-Dec	Soup	Watercress Soup
	Main Dish	Hake Fillets
	Side Dish	Mashed Potatoes
	Vegetables	roast Carrot
	Dessert	Fruit

Thursday		
21-Dec	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

Thursday		
4-Jan	Soup	Watercress Soup
	Main Dish	Fish Fingers
	Side Dish	White Rice
	Vegetables	roast Carrot
	Dessert	Fruit

Thursday		
11-Jan	Soup	Watercress Soup
	Main Dish	Hake Fillets
	Side Dish	Mashed Potatoes
	Vegetables	roast Carrot
	Dessert	Fruit

Thursday		
18-Jan	Soup	Cauliflower
	Main Dish	Steamed Fish
	Side Dish	Mashed Potatoes
	Vegetables	roast Pumpkin
	Dessert	Fruit

Thursday		
25-Jan	Soup	Watercress Soup
	Main Dish	Fish Fingers
	Side Dish	White Rice
	Vegetables	roast Carrot
	Dessert	Fruit

Friday		
10-Nov	Soup	Lentils Soup
	Main Dish	Bolognaise
	Side Dish	Pasta
	Vegetables	roast Carrot
	Dessert	Fruit

Friday		
17-Nov	Soup	White Bean Soup
	Main Dish	Veal Hamburger
	Side Dish	Roast Potatoes
	Vegetables	roast Pumpkin
	Dessert	Fruit

Friday		
24-Nov	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

Friday		
1-Dec	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

Friday		
8-Dec	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

Friday		
15-Dec	Soup	Carrot Soup
	Main Dish	Veal Meatballs
	Side Dish	Carrot Rice
	Vegetables	Boiled Cauliflower
	Dessert	Fruit

Friday		
22-Dec	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

Friday		
5-Jan	Soup	White Bean Soup
	Main Dish	Veal Hamburger
	Side Dish	Roast Potatoes
	Vegetables	roast Pumpkin
	Dessert	Fruit

Friday		
12-Jan	Soup	Carrot Soup
	Main Dish	Veal Meatballs
	Side Dish	Carrot Rice
	Vegetables	Boiled Cauliflower
	Dessert	Fruit

Friday		
19-Jan	Soup	Lentils Soup
	Main Dish	Bolognaise
	Side Dish	Pasta
	Vegetables	roast Carrot
	Dessert	Fruit

Friday		
26-Jan	Soup	White Bean Soup
	Main Dish	Veal Hamburger
	Side Dish	Roast Potatoes
	Vegetables	roast Pumpkin
	Dessert	Fruit