

Menu

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

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

Monday		
6-May	Soup	Green Bean Soup
	Main Dish	Bolognaise
	Side Dish	Mashed Potatoes
	Vegetables	Broccoli
	Dessert	Fruit

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

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

Monday		
27-May	Soup	Green Bean Soup
	Main Dish	Bolognaise
	Side Dish	Mashed Potatoes
	Vegetables	Broccoli
	Dessert	Fruit

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

Monday		
10-Jun	Soup	
	Main Dish	HOLIDAY
	Side Dish	
	Vegetables	
	Dessert	

Monday		
17-Jun	Soup	Green Bean Soup
	Main Dish	Bolognaise
	Side Dish	Mashed Potatoes
	Vegetables	Broccoli
	Dessert	Fruit

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

Tuesday		
23-Apr	Soup	Chicken Soup w/ Noodles
	Main Dish	Tuna Rice
	Side Dish	Black-eyed Peas
	Vegetables	roast Zucchini
	Dessert	Fruit

Tuesday		
30-Apr	Soup	Pumpkin Soup
	Main Dish	Baked Hake
	Side Dish	Boiled Potatoes & chickpea
	Vegetables	Broccoli
	Dessert	Fruit

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

Tuesday		
14-May	Soup	Chicken Soup w/ Noodles
	Main Dish	Tuna Rice
	Side Dish	Black-eyed Peas
	Vegetables	roast Zucchini
	Dessert	Fruit

Tuesday		
21-May	Soup	Pumpkin Soup
	Main Dish	Baked Hake
	Side Dish	Boiled Potatoes & chickpea
	Vegetables	Broccoli
	Dessert	Fruit

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

Tuesday		
4-Jun	Soup	Chicken Soup w/ Noodles
	Main Dish	Tuna Rice
	Side Dish	Black-eyed Peas
	Vegetables	roast Zucchini
	Dessert	Fruit

Tuesday		
11-Jun	Soup	Pumpkin Soup
	Main Dish	Baked Hake
	Side Dish	Boiled Potatoes & chickpea
	Vegetables	Broccoli
	Dessert	Fruit

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

Tuesday		
25-Jun	Soup	Chicken Soup w/ Noodles
	Main Dish	Tuna Rice
	Side Dish	Black-eyed Peas
	Vegetables	roast Zucchini
	Dessert	Fruit

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

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

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

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

Wednesday		
22-May	Soup	
	Main Dish	Baked Hake
	Side Dish	
	Vegetables	Broccoli
	Dessert	

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

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

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

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

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

Thursday		
25-Apr	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

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

Thursday		
9-May	Soup	Chickpea Soup
	Main Dish	Fish Fingers
	Side Dish	White Rice
	Vegetables	roast Carrot
	Dessert	Fruit

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

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

Thursday		
30-May	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

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

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

Thursday		
20-Jun	Soup	Chickpea Soup
	Main Dish	Fish Fingers
	Side Dish	White Rice
	Vegetables	roast Carrot
	Dessert	Fruit

Thursday		
27-Jun	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

Friday		
26-Apr	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

Friday		
3-May	Soup	Lentils Soup
	Main Dish	Bolognaise
	Side Dish	Pasta
	Vegetables	roast Carrot
	Dessert	Fruit

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

Friday		
17-May	Soup	Carrot Soup
	Main Dish	Veal Meatballs
	Side Dish	Carrot Rice
	Vegetables	Boiled Cauliflower
	Dessert	Fruit

Friday		
24-May	Soup	Lentils Soup
	Main Dish	Bolognaise
	Side Dish	Pasta
	Vegetables	roast Carrot
	Dessert	Fruit

Friday		
31-May	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

Friday		
7-Jun	Soup	Carrot Soup
	Main Dish	Veal Meatballs
	Side Dish	Carrot Rice
	Vegetables	Boiled Cauliflower
	Dessert	Fruit

Friday		
14-Jun	Soup	Lentils Soup
	Main Dish	Bolognaise
	Side Dish	Pasta
	Vegetables	roast Carrot
	Dessert	Fruit

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

Friday		
28-Jun	Soup	
	Main Dish	
	Side Dish	
	Vegetables	
	Dessert	

We use only vegetable cream because they have 30% less fat than those of animal origin