



MONDAY 02/03/2026

Soup

Roasted Sweet Potato & Spinach Leaves

Main

Beef Meatballs

International

**Roasted Chicken Piri-Piri
(Sauce on the Side)**

Vegan

Vegan Moqueca

Composed Salads

**Herb & Lemon Pasta Salad
Greek Salad**

Raw Salads

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides

**Penne Pasta & Roasted Potatoes
Stemed Broccoli
Roasted Corn**

Dessert

Fruit Cups & Yogurt w/ Homemade Granola



TUESDAY 03/03/2026

Soup

Cream of Carrots

Main

Turkey Meatloaf

International

Braised Beef Stew w/ Seasonal Vegetables

Vegan

Mezze with Falafel

Composed Salads

**Quinoa w/ Roasted Butternutt & Fresh Herbs
Caesar Salad**

Raw Salads

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides

**Gratinated Mash Potatoes
Roasted Pumpkin
Garden peas & Spinch**

Dessert

Fruit Cups

FOR ALLERGEN INFORMATION PLEASE SPEAK TO A MEMBER OF THE TEAM.



WEDNESDAY 04/03/2026

Soup

Chicken Canja

Main

Chicken Lo-Mein

International

Lamb Curry

Vegan

Mushroom & Leek Casserole

Composed Salads

Asian Slaw

Avocado & Grapefruit Salad

Raw Salads

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides

Steamed Rice

Roasted Cauliflower

Caramelized Carrots

Dessert

Fruit Cups & Yogurt w/ Honey

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THURSDAY 05/03/2026

Soup

Sweet Potato & Carrots

Main

Chicken Parmigiana

International

Fish Tacos w/ Toppings

Vegan

Vegan Paella w/ Tofu & Roasted Peppers

Composed Salads

**Roasted Beets & Balsamic
Tomato, mozzarella & Basil**

Raw Salads

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides

**Roasted Sweet Potatoes
Roasted Seasonal Vegetables
Steamed Green Beans**

Dessert

Fruit Cups

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FRIDAY 06/03/2026

**Soup
Broccoli**

**Main
Pulled Turkey w/ BBQ Sauce**

**International
Brazilian (No Pork) Feijoada**

**Vegan
Feta Cheese & Peppers Tortilla**

**Composed Salads
Pasta Salad w/ Nutfree Pesto & Spinach
Curried Chicken Salad**

**Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves**

**Sides
Coriande Rice
Roasted Root Vegetables
Wilted Green & Peppers**

**Dessert
Mango Mousse & Fruit Cups**

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