



**MONDAY 04/05/2026**

**Soup**

**Carrot & tomato**

**Main**

**Beef goulash**

**International**

**Roasted Chicken with Garlic & Herbs**

**Vegan**

**Vegan Pasta with lemon cashew cream sauce**

**Composed Salads**

**Mediterranean Buddha Bowl**

**Greek Salad**

**Raw Salads**

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

**Sides**

**Roasted Potatoes**

**Stemed Broccoli**

**Roasted Corn**

**Dessert**

**Fruit Cups & Yogurt w/ Homemade Granola**

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# TUESDAY 05/05/2026

## Soup

**Cream of Carrots**

## Main

**Turkey Meatloaf**

## International

**Chicken Lo-Mein**

## Vegan

**Mezze with Falafel**

## Composed Salads

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

## Raw Salads

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

## Sides

**Steamed Rice  
Roasted Pumpkin  
Garden peas & Spinch**

## Dessert

**Fruit Cups**

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# WEDNESDAY 06/05/2026

## Soup

**Chicken Canja**

## Main

**Braised Beef Stew w/ Seasonal Vegetables**

## 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

**Roast Potato**

**Roasted Cauliflower**

**Caramelized Carrots**

## Dessert

**Fruit Cups & Yogurt w/ Honey**

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**THURSDAY 07/05/2026**

**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 08/06/2026**

**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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