



MONDAY 07/09/2026

Soup
Red Bean

Main
Slow Roasted Turkey Leg w/ Mushroom Sauce

International
Hake loin W/ Orange and Lemon sauce

Vegetarian
Leek à Brás

Composed Salads
Mexican Bean Salad
Potato salad

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

Sides
Pasta
Roast Pumpkin
Broccoli

Dessert
Fruit Cups

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



TUESDAY 08/09/2026

Soup
Roasted Cauliflower

Main
Pan Fried Seabass w/ Pico de Gallo

International
Chicken Korma

Vegetarian
Vegetable Frittata

Composed Salads
Roasted veg. Salad
Rainbow Slaw

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

Sides
Rice
Broccoli
Caramelized Carrots

Dessert
Fruit Cups

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WEDNESDAY 09/09/2026

Soup

Carrot Coconut

Main

Grilled Chicken Breast w/ Lemon & Herbs

International

Pasta al Forno w/ Veal Ragout

Vegetarian

Lentil Dhal

Composed Salads

Red Lentil, Spinach & Feta

Pasta Salad w

Pumpkin

Raw Salads

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

Sides

Carrot Rice

Grilled Eggplant

Roasted Brussel Sprouts

Dessert

Fruit Cups

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THURSDAY 10/09/2026

Soup
Roasted Tomato

Main
Slow Roasted Turkey Breast

International
Fish Moqueca

Vegetarian
Mediterranean Vegetable Moussaka

Composed Salads
Tuna & Beans Salad
Green Salad with Mango & Lime

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

Sides
Roasted Sweet Potatoes
Steamed Broccoli & Corn
Rice

Dessert
Fruit Cups

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FRIDAY 11/09/2026

Soup

Cream of Seasonal Vegetables

Main

Cod à Brás

International

Grilled Turkey Kebabs w/ Yogurt Sauce & Herbs

Vegetarian

Crispy Tofu Katsu Curry

Composed Salads

Pasta Salad

Spinach & Roasted Tomatoes

Raw Salads

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

Sides

Steamed Rice

Grilled Seasonal Vegetables

Roasted Beetroot

Dessert

Fruit Pods & Portuguese Rice Pudding