

MONDAY 21/09/2026

Soup

Courgette & Coriander

Main

Beef Meatballs

International

Turkey Ziti

Vegetarian

Veggie Moqueca

Composed Salads

**Couscous With Mushrooms
Greek Salad**

Raw Salads

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

Sides

Pasta

Roasted Potatoes

Steamed Broccoli

Roasted Corn

Dessert

Fruit Cups



TUESDAY 22/09/2026

Soup

Cream Portuguese Kale

Main

Roasted Oven Hake w/ Herby Butter Sauce

International

Jamaican Chicken

Vegetarian

Soy & Chickpea Winter Stew w/ Spinach

Composed Salads

Quinoa w

Roasted Butternut & Fresh Herbs

Roast Veg. Salad

Raw Salads

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

Sides

Baby Potato

Roasted Cauliflower

Wilted Greens & Peas

Dessert

Fruit Cups

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



WEDNESDAY 23/09/2026

Soup

Creamy Courgette

Main

Chicken Stroganoff

International

Pasta al Forno w/ Veal Ragout

Vegetarian

Veg. Stroganoff

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 Sweet Potato

Dessert

Fruit Cups & Yogurt w/ Granola

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THURSDAY 24/09/2026

Soup
Carrot & Coconut

Main
Hot dogs

International
Cod á Brás

Vegetarian
Mushroom & Fried Onion Risotto

Composed Salads
Roasted Sweet Potato & Kale Salad
Fennel & Wild rice

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

Sides
Roasted Seasonal Vegetables
Steamed Greens Beans
Roasted Carrot

Dessert
Fruit Cups

FRIDAY 25/09/2026

Soup
Chicken Canja

Main
Duck Rice

International
Roasted Chicken

Vegetarian
Zucchini, Spinach & Feta Cheese Lasagna

Composed Salads
Tomato & Peach
Orange, Olives & Coriander

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

Sides
Roasted Potato
Stir-Fried Vegetables
Charred Corn

Dessert
Fruit Pods