CAISL

WEDNESDAY 18/11/2026

Soup
Peas Cream

Main
Roasted White Fish

Vegetarian
Lentil Dhal

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

Sides
Rice
Grilled Eggplant
Green Beans

Dessert
Fruit Cups ; Lemon Cake

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

CAISL

THURSDAY 19/11/2026

Soup
Roasted Tomato Cream

Main
Slow cook Chicken Pasta

Vegetarian
Mediterranean Vegetable Moussaka

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

Sides
Corn
Broccoli
Rice

Dessert
Fruit Cups

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

CAISL

FRIDAY 20/11/2026

Soup
Vegetable

Main
Chicken Fricassé

Vegetarian
Mushroom Risotto

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

Sides
Rice
Roasted Seasonal Vegetables
Steamed Greens Beans

Dessert
Fruit Cups

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

CAISL

MONDAY 23/11/2026

Soup
Carrot cream

International
Roasted Chicken and Gravy

Vegetarian
Eggplant Parmigiana

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

Sides
Roasted Baby Potatoes
Roasted Broccoli
Corn

Dessert
Fruit Cups

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

CAISL

TUESDAY 24/11/2026

Soup
Vegetable soup

Main
Hake loin Gratin

Vegetarian
Channa Masala

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

Sides
Herbs Rice
Roasted Carrots
Garden peas & Spinach

Dessert
Fruit Cups

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

CAISL

THANKSGIVING 25/11/2026

Soup
Chives, Potato and Sweetcorn Chowder

International
Oven-baked redfish with a lemon and herb crust

Vegetarian
Mushroom & Lentil Loaf with Vegetarian Gravy

Sides (choose one)
Creamy Mashed Potatoes

Vegetables
Garlic Broccoli
Braised Red Cabbage with Apple

Dessert
Pumpkin Pie Squares

Fresh Fruit
Seasonal Fresh Fruit

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

CAISL

WEDNESDAY 2/12/2026

Soup
Creamy Vegetable

International
Portuguese Fish Bake

Vegetarian
Lentil Shephers Pie

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

Sides
Crispy Potatoes
Roasted Cauliflower
Caramelized Carrots

Dessert
Fruit Cups

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

CAISL

THURSDAY 3/12/2026

Soup
Broccoli

Main
Turkey Hot Dogs

Vegetarian
Burritos with Tofu, Charred Corn & Rice

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

Sides
Chips Potatoes
Charred Corn and Crispy Onions
Green Beans

Dessert
Orange Cake & Fruit Cups

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

CAISL

FRIDAY 4/12/2026

Soup
Carrot

International
Fusilli Turkey Carbonara

Vegetarian
Red Beans Stew

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

Sides
Rice
Broccoli
Glazed carrots

Dessert
Fruit Cups

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

CAISL

MONDAY 7/12/2026

Soup
Creamy Cauliflower

Main
Beef Meatballs

Vegetarian
Veggie Moqueca

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

Sides
Pasta
Steamed Broccoli
Roasted Corn

Dessert
Fruit Cups

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

CAISL

WEDNESDAY 9/12/2026

Soup
Creamy Sweet Potato and Spinash

Main
Chicken Stroganoff

Vegetarian
Mushroom Risotto

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

Sides
Rice
Grilled Eggplant
Roasted Carrots

Dessert
Fruit Cups & Yogurt w/ Granola

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

CAISL

THURSDAY 10/12/2026

Soup
Vichyssoise

Main
Baked Duck Rice

Vegetarian
Caponata & Herbs

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

Sides
Corn and Peas
Roasted Sweet Potatoes

Dessert
Fruit Cups

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

CAISL

FRIDAY 11/12/2026

Soup
Chicken Canja

Main
Creamy Cod and Potatoes

Vegetarian
Veg Moussaka

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

Sides
Pasta
Broccoli
Green beans

Dessert
Fruit Pots

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

CAISL

MONDAY 14/12/2026

Soup
Carrot Cream

International
Portuguese Baked Fish

Vegetarian
Veggie Burguer

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

Sides
Rice
Bean and Peas
Roasted Corn

Dessert
Fruit Cups

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

CAISL

TUESDAY 15/12/2026

Soup
Pea soup

Main
Beef Ragout

Vegetarian
Soy & Chickpea Winter Stew w/ Spinach

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

Sides
Pasta
Roasted Cauliflower
Wilted Greens & Peas

Dessert
Fruit Cups

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

CAISL

WEDNESDAY 16/12/2026

Soup
Vegetable Soup

Main
Turkey Meatballs

Vegetarian
Veg. Stroganoff

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

Sides
Carrot Rice
Grilled Eggplant
Roasted Butternut

Dessert
Fruit Cups

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

CAISL

THURSDAY 17/12/2026

Soup
Creamy Cauliflower

Main
Cottage Pie

Vegetarian
Mushroom Fried Rice

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

Sides
Herb Potatoes
Roasted Seasonal Vegetables
Steamed Greens Beans

Dessert
Fruit Cups and Gelatin

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

CAISL

MONDAY 4/1/2027

Soup
Creamy Zucchini

Main
Beef Meatballs

Vegetarian
Veggie Moqueca

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

Sides
Rice
Steamed Broccoli
Roasted Corn

Dessert
Fruit Cups

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

CAISL

TUESDAY 5/1/2027

Soup
Tomato and Basil

Main
Roast Chicken

Vegetarian
Red Bean and vegetable chilli

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

Sides
Herb Rice
Roasted Cabbage
Corn

Dessert
Fruit Cups

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

CAISL

WEDNESDAY 6/1/2027

Soup
Creamy Peas and Spinash

International
Creamy Fish Pie

Vegetarian
Chickpea and Spinash Tagine

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

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

CAISL

THURSDAY 7/1/2027

Soup
Vegetable cream

International
Cod á Brás

Vegetarian
Soy and Lentil Bolognaise

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

Sides
Pasta
Steamed Greens Beans
Roasted Carrot

Dessert
Fruit Cups

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

CAISL

FRIDAY 8/1/2027

Soup
Carrot Cream

Main
Jerk Turkey

Vegetarian
Zucchini, Spinach & Feta Cheese Lasagna

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

Sides
Roasted Potato
Roasted Vegetables
Charred Corn

Dessert
Fruit Pots

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

CAISL

MONDAY 11/1/2027

Soup
Creamy Peas

International
Portuguese Fish Baked

Vegetarian
Leek à Brás

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

Sides
Roast Potatoes
Roasted Eggplant
Peas

Dessert
Fruit Cups

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

CAISL

TUESDAY 12/1/2026

Soup
Vichyssoise

Main
Hake & Herbs Sauce

Vegetarian
Mezze with Falafel

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

Sides
Pasta
Broccoli
Roasted Carrots

Dessert
Fruit Cups

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

CAISL

WEDNESDAY 13/1/2026

Soup
Creamy Zucchini

Main
Beef Jardineira

Vegetarian
Veg Egg Frittata

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

Sides
Roast Potato
Stir-fried veggies
Caramelized Carrots

Dessert
Fruit Cups

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

CAISL

THURSDAY 14/1/2026

Soup
Vegetable

Main
Chicken & Tomato Rice

Vegetarian
Mushroom Risotto

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

Sides
Roasted Carrots
Roasted Seasonal Vegetables
Steamed Greens Beans

Dessert
Fruit Cups

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

CAISL

FRIDAY 15/1/2026

Soup
Carrot cream

International
Beef Massaman

Vegetarian
Vegetable Crumble with Feta

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

Sides
Rice
Roasted Broccoli
Glazed Carrots

Dessert
Fruit Cups

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

CAISL

MONDAY 18/1/2026

Soup
Creamy Tomato

Main
Slow Roasted Turkey Leg

Vegetarian
Lentil and Spinash Stew

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

Sides
Pasta
Roast Butternut
Broccoli

Dessert
Fruit Cups

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

CAISL

TUESDAY 19/1/2026

Soup
Roasted Cauliflower

Main
Creamy Tuna and Tomato Pasta

Vegetarian
Vegetable Frittata

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

Sides
Peas
Broccoli
Caramelized Carrots

Dessert
Fruit Cups

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

CAISL

WEDNESDAY 20/1/2026

Soup
Peas Cream

Main
Roasted White Fish

Vegetarian
Lentil Dhal

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

Sides
Rice
Grilled Eggplant
Green Beans

Dessert
Fruit Cups ; Lemon Cake

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

CAISL

THURSDAY 21/1/2026

Soup
Roasted Tomato Cream

Main
Slow cook Chicken Pasta

Vegetarian
Mediterranean Vegetable Moussaka

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

Sides
Corn
Broccoli
Rice

Dessert
Fruit Cups

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

CAISL

FRIDAY 22/1/2027

Soup
Peas and Spinash Cream

International
Creamy Tuna Pasta

Vegetarian
Egg & Herbs Shakshuka

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

Sides
Roasted Potato
Roasted Vegetables
Charred Corn

Dessert
Fruit Pots

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

CAISL

MONDAY 25/1/2026

Soup
Carrot cream

International
Roasted Chicken and Gravy

Vegetarian
Eggplant Parmigiana

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

Sides
Roasted Baby Potatoes
Roasted Broccoli
Corn

Dessert
Fruit Cups

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

CAISL

TUESDAY 26/1/2026

Soup
Vegetable soup

Main
Hake loin Gratin

Vegetarian
Channa Masala

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

Sides
Herbs Rice
Roasted Carrots
Garden peas & Spinach

Dessert
Fruit Cups

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

CAISL

WEDNESDAY 27/1/2026

Soup
Creamy Vegetable

International
Portuguese Fish Bake

Vegetarian
Lentil Shephers Pie

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

Sides
Crispy Potatoes
Roasted Cauliflower
Caramelized Carrots

Dessert
Fruit Cups

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

CAISL

THURSDAY 28/1/2026

Soup
Roasted Tomato Cream

Main
Slow cook Turkey Pasta

Vegetarian
Mediterranean Vegetable Moussaka

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

Sides
Corn
Broccoli
Rice

Dessert
Fruit Cups

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

CAISL

FRIDAY 29/1/2026

Soup
Creamy Butternut

Main
Cod à Brás

Vegetarian
Creamy Tofu Curry

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

Sides
Roasted Sweet potatoes
Roasted Vegetables
Pasta

Dessert
Fruit Cups

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

CAISL

MONDAY 1/2/2026

Soup
Spinash

Main
Beef Burger

Vegetarian
Veg. Burger

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

Sides
Chips Potato
Roasted Seasonal Vegetables
Steamed Greens

Dessert
Fruit Cups

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

CAISL

TUESDAY 2/2/2026

Soup
Creamy Zucchini

Main
Beef Jardineira

Vegetarian
Veg Egg Frittata

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

Sides
Roast Potato
Stir-fried veggies
Caramelized Carrots

Dessert
Fruit Cups

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