



MENU FROM 28 SEPT TO 16 OCT



MONDAY

TUESDAY

THURSDAY

FRIDAY

Week 40

28 SEPT

Minced steak, sautéed potatoes, ratatouille

Omelette, ratatouille, sautéed potatoes

Appel compote

29 SEPT

Chicken shawarma, mac & cheese, peas & corn

Vegetarian shawarma, mac & cheese, peas & corn

Fresh seasonal fruit

1 OCT

Lamb sausage sauté, couscous, sautéed vegetables

Sautéed vegetables and legumes, couscous

Greek fruit yoghurt

2 OCT

veggies, tomato sauce, pasta

Fresh seasonal fruit

Week 41

5 OCT

Fusilli, bolognese sauce

Fusilli, vegetarian bolognese sauce

Fresh seasonal fruit

6 OCT

Chicken curry, basmati rice

Vegetarian curry (chickpeas), basmati rice

Vanilla custard

8 OCT

Meatballs in gravy, mashed potatoes, carrots/paprika

Vegetarian meatballs, mashed potatoes, carrots/paprika

Fresh seasonal fruit

9 OCT

Kibbeling (fried fish), peas and carrots, sautéed potatoes

Fruit Yoghurt

Week 42

12 OCT

Chicken skewer, rosti & beans

Vegetarian sausage, rosti & beans

Plain yoghurt (optional sugar)

13 OCT

Chili con carne, rice

Chili sin carne, rice

Fresh seasonal fruit

15 OCT

Fusilli, carbonara sauce

Fusilli, pesto sauce

Greek vanilla yoghurt

16 OCT

Chicken sausage, mashed potatoes, baby carrots

Vegetarian nuggets, mashed potatoes, baby carrots

Fresh seasonal fruit

*Some changes may occasionally be made after this menu has been sent