

WEEKLY MENU

MARCH 9TH TO 13TH



MONDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	White bean and broccoli soup	
		MAIN DISH	"Ramalhal" style pork with fries	  
		SIDES	Salad	
		VEG. DISH	Tempura with rice	  
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
TUESDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Turnip greens soup	
		MAIN DISH	Salmon with penne pasta and vegetables	 
		SIDES	Salad	
		VEG. DISH	Sautéed vegetables with pasta	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
WEDNESDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	"Saloia" soup	
		MAIN DISH	Beef burger with rice	
		SIDES	Salad	
		VEG. DISH	Vegetable burger with rice	
		DESSERT	Chocolate mousse	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
THURSDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Carrot cream	
		MAIN DISH	Black-eyed peas with tuna and egg	 
		SIDES	Salad	
		VEG. DISH	Vegetable curry with chickpeas and couscous	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
FRIDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Spinach soup	
		MAIN DISH	Oven-baked chicken with pasta	
		SIDES	Salad	
		VEG. DISH	Beetroot "meatballs" with pasta	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 