

WEEKLY MENU

MARCH 16TH TO 20TH



MONDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Broccoli cream	
		MAIN DISH	Cod cakes with vegetable rice	 
		SIDES	Salad	
		VEG. DISH	Spinach croquettes with vegetable rice	 
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
TUESDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Spinach and chickpeas soup	
		MAIN DISH	Turkey stroganoff with pasta	
		SIDES	Salad	
		VEG. DISH	Bean and quinoa "meatballs" with pasta	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
WEDNESDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Pumpkin and carrot soup	
		MAIN DISH	Baked redfish with potatoes	
		SIDES	Salad	
		VEG. DISH	Sautéed vegetables with potatoes	
		DESSERT	Gelatine	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
THURSDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Turnip greens soup	
		MAIN DISH	Fried "bifana" with spaghetti	
		SIDES	Salad	
		VEG. DISH	Chickpea and quinoa burger with pasta	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
FRIDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Green bean soup	
		MAIN DISH	Tuna rice pie	
		SIDES	Salad	
		VEG. DISH	Vegetable tempura with rice	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 