

WEEKLY MENU

APRIL 13TH TO 17TH



MONDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Carrot cream	
		MAIN DISH	Hake fillets with vegetable rice	  
		SIDES	Salad	
		VEG. DISH	Vegetable tempura 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	Beetroot and red cabbage soup	
		MAIN DISH	Oven-baked chicken with pasta	
		SIDES	Salad	
		VEG. DISH	Vegetable croquettes with pasta	 
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
WEDNESDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Green bean soup	
		MAIN DISH	Oven-baked redfish with potatoes	
		SIDES	Salad	
		VEG. DISH	Sautéed vegetables with couscous	
		DESSERT	Gelatine	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
THURSDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Turnip greens soup	
		MAIN DISH	Beef rice pie	
		SIDES	Salad	
		VEG. DISH	Bean and quinoa "meatballs"	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
FRIDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Carrot cream	
		MAIN DISH	Black-eyed peas with potatoes, tuna and egg	 
		SIDES	Salad	
		VEG. DISH	Vegetable burger with pasta	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 