

WEEKLY MENU

APRIL 20TH TO 24TH



MONDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	White bean and broccoli soup	
		MAIN DISH	Turkey steak with mushrooms and rice	
		SIDES	Salad	
		VEG. DISH	Mushrooms au gratin with rice	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
TUESDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Leek cream	
		MAIN DISH	Boiled hake with potatoes and broccoli	
		SIDES	Salad	
		VEG. DISH	Chickpea and quinoa burger with couscous	
		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	Chicken meatballs with pasta	
		SIDES	Salad	
		VEG. DISH	Beetroot "meatballs" with pasta	
		DESSERT	Mousse	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
THURSDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Watercress soup	
		MAIN DISH	Fried cuttlefish strips with tomato rice	  
		SIDES	Salad	
		VEG. DISH	Vegetable crêpes with tomato rice	 
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
FRIDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	"Juliana" soup	
		MAIN DISH	Braised pork chops with pasta	  
		SIDES	Salad	
		VEG. DISH	Bean burger with pasta	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 