
















# WEEKLY MENU

APRIL 27<sup>TH</sup> TO MAY 1<sup>ST</sup>



<b>MONDAY</b>	<b>MORNING SNACK</b>		Yoghurt / Fruit and crackers 
	<b>LUNCH</b>	<b>SOUP</b>	Carrot and pasta soup
		<b>MAIN DISH</b>	Scrambled eggs with carrot rice 
		<b>SIDES</b>	Salad
		<b>VEG. DISH</b>	Spinach croquettes with tomato rice 
		<b>DESSERT</b>	Seasonal fruit (3 varieties)
	<b>AFTERNOON SNACK</b>		Sandwiches with a variety of garnishes 
<b>TUESDAY</b>	<b>MORNING SNACK</b>		Yoghurt / Fruit and crackers 
	<b>LUNCH</b>	<b>SOUP</b>	Watercress soup
		<b>MAIN DISH</b>	Chicken steak with mushrooms and pasta 
		<b>SIDES</b>	Salad
		<b>VEG. DISH</b>	Bean burger with pasta 
		<b>DESSERT</b>	Seasonal fruit (3 varieties)
	<b>AFTERNOON SNACK</b>		Sandwiches with a variety of garnishes 
<b>WEDNESDAY</b>	<b>MORNING SNACK</b>		Yoghurt / Fruit and crackers 
	<b>LUNCH</b>	<b>SOUP</b>	Green bean soup
		<b>MAIN DISH</b>	Boiled hake with potatoes and broccoli 
		<b>SIDES</b>	Salad
		<b>VEG. DISH</b>	Sautéed vegetables with beans and couscous
		<b>DESSERT</b>	Gelatine
	<b>AFTERNOON SNACK</b>		Sandwiches with a variety of garnishes 
<b>THURSDAY</b>	<b>MORNING SNACK</b>		Yoghurt / Fruit and crackers 
	<b>LUNCH</b>	<b>SOUP</b>	Beetroot and red cabbage soup
		<b>MAIN DISH</b>	Spaghetti Bolognese 
		<b>SIDES</b>	Salad
		<b>VEG. DISH</b>	Soy Bolognese 
		<b>DESSERT</b>	Seasonal fruit (3 varieties)
	<b>AFTERNOON SNACK</b>		Sandwiches with a variety of garnishes 
<b>FRIDAY</b>	<b>HOLIDAY</b>		