





























# WEEKLY MENU

MAY 11<sup>TH</sup> TO 15<sup>TH</sup>



MONDAY	<b>MORNING SNACK</b>		Yoghurt / Fruit and crackers	 
	LUNCH	<b>SOUP</b>	Broccoli cream	
		<b>MAIN DISH</b>	"Brás" style cod	 
		<b>SIDES</b>	Salad	
		<b>VEG. DISH</b>	"Brás" style leek	
		<b>DESSERT</b>	Seasonal fruit (3 varieties)	
	<b>AFTERNOON SNACK</b>		Sandwiches with a variety of garnishes	 
TUESDAY	<b>MORNING SNACK</b>		Yoghurt / Fruit and crackers	 
	LUNCH	<b>SOUP</b>	Spinach and chickpeas soup	
		<b>MAIN DISH</b>	Turkey stroganoff with pasta	
		<b>SIDES</b>	Salad	
		<b>VEG. DISH</b>	Bean and quinoa "meatballs" with pasta	
		<b>DESSERT</b>	Seasonal fruit (3 varieties)	
	<b>AFTERNOON SNACK</b>		Sandwiches with a variety of garnishes	 
WEDNESDAY	<b>MORNING SNACK</b>		Yoghurt / Fruit and crackers	 
	LUNCH	<b>SOUP</b>	Pumpkin and carrot soup	
		<b>MAIN DISH</b>	Baked redfish with potatoes	
		<b>SIDES</b>	Salad	
		<b>VEG. DISH</b>	Sautéed vegetables with potatoes	
		<b>DESSERT</b>	Gelatine	
	<b>AFTERNOON SNACK</b>		Sandwiches with a variety of garnishes	 
THURSDAY	<b>MORNING SNACK</b>		Yoghurt / Fruit and crackers	 
	LUNCH	<b>SOUP</b>	Leek and spinach soup	
		<b>MAIN DISH</b>	Fried "bifana" with spaghetti	
		<b>SIDES</b>	Salad	
		<b>VEG. DISH</b>	Chickpea and quinoa burger with pasta	
		<b>DESSERT</b>	Seasonal fruit (3 varieties)	
	<b>AFTERNOON SNACK</b>		Sandwiches with a variety of garnishes	 
FRIDAY	<b>MORNING SNACK</b>		Yoghurt / Fruit and crackers	 
	LUNCH	<b>SOUP</b>	Green bean soup	
		<b>MAIN DISH</b>	Tuna rice pie	
		<b>SIDES</b>	Salad	
		<b>VEG. DISH</b>	Lentil and vegetable rice pie	
		<b>DESSERT</b>	Seasonal fruit (3 varieties)	
	<b>AFTERNOON SNACK</b>		Sandwiches with a variety of garnishes	