

WEEKLY MENU

MAY 25TH TO 29TH

GLUTEN

FISH

MILK

SHELLFISH

EGGS

NUTS

SESAME SEEDS

MOLLUSCS

































CELERY

MUSTARD

SOYA

SULPHITES



MONDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	"Juliana" soup	
		MAIN DISH	Scrambled eggs with carrot rice	
		SIDES	Salad	
		VEG. DISH	Tempura with carrot rice	 
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
TUESDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	White bean and broccoli soup	
		MAIN DISH	Onion beef steak with pasta	  
		SIDES	Salad	
		VEG. DISH	Vegetable tempura with pasta	 
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
WEDNESDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Leek cream	
		MAIN DISH	Rissoles with carrot rice	  
		SIDES	Salad	
		VEG. DISH	Sautéed vegetables with beans and rice	
		DESSERT	Gelatine	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	 
THURSDAY	MORNING SNACK		Yoghurt / Fruit and crackers	 
	LUNCH	SOUP	Turnip greens soup	
		MAIN DISH	Chicken bolognese	
		SIDES	Salad	
		VEG. DISH	Soy bolognese	
		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	Tuna rice pie	
		SIDES	Salad	
		VEG. DISH	Vegetable curry with chickpeas and rice	
		DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK		Sandwiches with a variety of garnishes	