

MENU THIS WEEK

Even Week



MONDAY:

Morning snack: Crisp rolls with cream cheese, mixed fruit

Lunch: Pasta and creamy sauce, cucumbers, cherry tomatoes, broccoli, croutons and grated cheese

Afternoon snack: Mixed fruit, vegetables and homemade bread

TUESDAY:

Morning snack: Rye bread with butter, mixed fruit

Lunch: Pita bread, potato wedges, steamed eggs, yoghurt, falafel, cucumbers, cheese and cherry tomatoes

Afternoon snack: Mixed fruit, vegetables and pretzels

WEDNESDAY:

Morning snack: Rice cakes, mixed fruit

Lunch: Carrot green pea soup, couscous, cucumbers, yoghurt and cherry tomatoes

Afternoon snack: Mixed fruit, vegetables, smoothies and bread

THURSDAY:

Morning Snack: Crisp rolls with cream cheese, mixed fruit

Lunch: Spinach coconut soup and rice, cucumbers, cherry tomatoes, red peppers and olives

Afternoon Snack: Mixed fruit, vegetables and granola balls

FRIDAY:

Morning snack: Rice cakes, mixed fruit

Lunch: Leftover Friday and homemade pizza ☺

Afternoon Snack: Mixed fruit, vegetables and crisp rolls

MENU THIS WEEK

Odd Week



MONDAY:

Morning snack: Crisp rolls with cream cheese, mixed fruit

Lunch: Spaghetti and tomato sauce, grated cheese, cucumbers, cherry tomatoes, peppers, croutons and olives

Afternoon snack: Mixed fruit, vegetables and homemade bread

TUESDAY:

Morning snack: Rye bread with butter, mixed fruit

Lunch: Carrot and potato fries, falafel, yoghurt, corn on the cobb, tortillas, olives, cucumbers and cherry tomatoes

Afternoon snack: Mixed fruit, vegetables and pretzels

WEDNESDAY:

Morning snack: Rice cakes and raisins, mixed fruit

Lunch: Squash soup, couscous, steamed eggs, feta cheese, broccoli, cucumbers and cherry tomatoes

Afternoon snack: Mixed fruit, vegetables, smoothies and rice cakes

THURSDAY:

Morning Snack: Crisp rolls with cream cheese, mixed fruit

Lunch: Italian dish, carrots, cucumbers, croutons, olives and cherry tomatoes

Afternoon Snack: Mixed fruit, vegetables and granola balls

FRIDAY:

Morning snack: Rice cakes, mixed fruit

Lunch: Leftover Friday and homemade pizza ☺

Afternoon Snack: Mixed fruit, vegetables and crisp rolls

