

MENU THIS WEEK - Week 1



MONDAY:

Morning snack: Crisp rolls with butter and mixed fruit

Lunch: Tomato soup, pasta, cucumbers, cherry tomatoes, peppers, croutons, grated cheese and roasted broccoli

Afternoon snack: Mixed fruit, vegetables and rice cakes

TUESDAY:

Morning snack: Rye bread with butter, mixed fruit

Lunch: Sweet potato falafel, tortilla, homemade guacamole, boiled eggs, yoghurt, cucumbers, cherry tomatoes, peppers and corn

Afternoon snack: Mixed fruit, vegetables and crisp rolls

WEDNESDAY:

Morning snack: Rice cakes with butter and mixed fruit

Lunch: Roasted root vegetables with potato and halloumi, Pesto, tortilla chips, olives, cucumbers, cherry tomatoes and peppers

Afternoon snack: Mixed fruit, vegetables and rye bread

THURSDAY:

Morning Snack: Crisp rolls with cream cheese, mixed fruit

Lunch: Couscous, soup of the day, crispy kale, roasted carrots, olives, cucumbers, tomatoes and peppers

Afternoon Snack: Mixed fruit, vegetables and crisp rolls

FRIDAY:

Morning snack: Rice cakes, mixed fruit

Lunch: Parent Lunch ☺ and/or gnocchi, tomato soup, cherry tomatoes, peppers, cucumber, croutons, edamame beans and yoghurt

Afternoon Snack: Mixed fruit, vegetables and bread

MENU THIS WEEK – Week 2



MONDAY:

Morning snack: Crisp rolls with butter and mixed fruit

Lunch: Roasted red pepper soup, spaghetti, grated cheese, olives, cherry tomato, cucumber, peppers, edamame beans and croutons

Afternoon snack: Mixed fruit, vegetables and rice cakes

TUESDAY:

Morning snack: Rye bread with butter, mixed fruit

Lunch: Roasted potato, falafel, tortilla, yoghurt, scrambled eggs, cucumbers, cherry tomatoes and peppers

Afternoon snack: Mixed fruit, vegetables and crisp rolls

WEDNESDAY:

Morning snack: Rice cakes and mixed fruit

Lunch: Vegetable balls with tomato sauce, penne pasta, grated cheese, garlic bread, cucumbers, cherry tomatoes and peppers

Afternoon snack: Mixed fruit, vegetables and rye bread

THURSDAY:

Morning Snack: Crisp rolls with cream cheese, mixed fruit

Lunch: Rice, soup of the day, feta cheese, roasted broccoli, kale chips, cucumbers, cherry tomatoes and peppers

Afternoon Snack: Mixed fruit, vegetables and rice cakes

FRIDAY:

Morning snack: Rice cakes, mixed fruit

Lunch: Parent Lunch ☺ and/or pizza, olives, corn, cherry tomatoes, peppers, cucumber and yoghurt

Afternoon Snack: Mixed fruit, vegetables and bread

MENU THIS WEEK – Week 3



MONDAY:

Morning snack: Crisp rolls with butter and mixed fruit

Lunch: Roasted red pepper soup, spaghetti, grated cheese, garlic bread, tomatoes, cucumber, peppers and croutons

Afternoon snack: Mixed fruit, vegetables and rice cakes

TUESDAY:

Morning snack: Rye bread with butter, mixed fruit

Lunch: Falafel, pita bread, Mashed potato, yoghurt, cucumbers, cherry tomatoes, peppers and corn on the cobb

Afternoon snack: Mixed fruit, vegetables and crisp rolls

WEDNESDAY:

Morning snack: Rice cakes and mixed fruit

Lunch: Spinach and cheese ravioli, tomato soup, crispy kale, corn, olives, yoghurt, cucumbers, cherry tomatoes and peppers

Afternoon snack: Mixed fruit, vegetables and rye bread

THURSDAY:

Morning Snack: Crisp rolls with cream cheese, mixed fruit

Lunch: Rice, soup of the day, feta cheese, roasted broccoli, popcorn chickpeas cucumbers, cherry tomatoes and peppers

Afternoon Snack: Mixed fruit, vegetables and rice cakes

FRIDAY:

Morning snack: Rice cakes, mixed fruit

Lunch: Smørrebrød with veggie frikadeller, eggs, potatoes, olives, yoghurt, bønnepostej, cucumbers, cherry tomatoes and peppers

Afternoon Snack: Mixed fruit, vegetables and bread

MENU THIS WEEK – Week 4



MONDAY:

Morning snack: Crisp rolls with cream cheese and mixed fruit

Lunch: Tomato soup, pasta, cucumbers, cherry tomatoes, peppers, croutons, grated cheese, olives and roasted kale

Afternoon snack: Mixed fruit, vegetables and rice cakes

TUESDAY:

Morning snack: Rye bread with butter, mixed fruit

Lunch: Homemade hummus, sweet potato falafels, pita bread, yoghurt,

scrambled eggs, cucumbers, tomatoes, peppers and grated cheese

Afternoon snack: Mixed fruit and vegetables, crisp rolls

WEDNESDAY:

Morning snack: Rice cakes with butter and mixed fruit

Lunch: 3 bean chilli, rice, tortilla chips, edamame beans, cucumbers, cherry tomatoes and peppers

Afternoon snack: Mixed fruit, vegetables and rye bread

THURSDAY:

Morning Snack: Crisp rolls with butter and mixed fruit

Lunch: Couscous, soup of the day, feta cheese, roasted parsnips, kale chips, olives cucumbers, cherry tomatoes and peppers

Afternoon Snack: Mixed fruit, vegetables and rice cakes

FRIDAY:

Morning snack: Rice cakes and mixed fruit

Lunch: Parent Lunch ☺ and/or savoury pancake poppers, puff pastry pizza rolls, edamame beans, croutons, cherry tomatoes, peppers, cucumber and yoghurt

Afternoon Snack: Mixed fruit, vegetables and bread