CAFFTFRIA FAAD APTIANS

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WEEK OF 1ST OF APRIL

MONDAY	
OPTION 1	ſ
Starter Mexican azukis and corn salad Black beans, corn, peppers, onions, olive oil and fresh cilantro	
Main meal	
Chicken Penne Penne pasta, chicken breast, tomatoes, onions, garlic and olive oil	
Dessert Selection from fruits variation	
OPTION 2	
Starter Carrot sticks with hummus dip Carrot, hummus, olive oil	
Main meal	
Vegan pasta Penne pasta, mushrooms, vegetables, tomatoes onions aarlic and olive oil	
Dessert Selection from yogurts variation	

TUESDAY **OPTION 1** Starter Coleslaw Gre en c Main mea Hot dog Dessert **OPTION 2** Starter Pasta salad Pasta, cue herb vinaigrette Main meal Roasted mushrooms I ns Mushrooms olive oil aarlic pa Dessert Selection from yogurts variation

WEDNESDAY

OPTION 1 Starter Cucumber salad Cu Main meal Grilled chicken Grilled saffron, bread Dessert Selection from fruits var **OPTION 2**

Starter Orange with cinnamon Main meal Vegan wok Long-grain rice, pepp vegetables, oyster and soy sauce Dessert Selection from yogurts v

THURSDAY

OPTION 1 Starter Pasta salad Pasta, o Main meal Dessert Selection from fruits varia **OPTION 2** Starter Avocado cucumber tomato salad Avocado, grape tomatoes, cucumber, cilantro, vinaigrette Main meal Douce wedges Baked sweet potatoes with guar Dessert Selection from yogurts va

FRIDAY

OPTION 1

Starter Leen Butter milk Main meal Deuscous Couscous, beef chuck onions, chickpeas, cabbage, carrots, zucchini, pumpkin Dessert **OPTION 2** Starter Moroccan carrot salad Car cilantra Main meal Veggies Penne Penne, pepp broccoli, zucchini, pesto sauce

Selection from yogurts variation OPTION 3

Main meal Chicken Penne Penne, c

WEEK OF 8TH OF APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 Dispets and another actions and colleges, series and action and actions and actions and action Mathematical actions and actions and actions and actions Decision Decision Decision	OPTION 1 Storter Management and Franklink process proof project Management Management Processor Descent Descent franklink processor Descent franklink processor	OPTION 1 Storter Machine Managers, and appendix and a second seco	OPTION 1 Storter Storter Molify resolution Molif	OPTION 1 Startform Methods in the start when when a method Method in the start of the start of the start of the start Method in the start of the start of the start of the start OPTION 2 Startor
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WEEK OF 15TH OF APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTIONS I Store The Mark Ancords, tondrate, onlone, peppers, storers variagisets Mark Tondrate Mark Ancords, tondrates, onlone, peppers, mark Tondrate Mark Ancords, tondrates, Mark Mark Mark Mark Mark Mark Mark Mark	OPTION 1 Sector Marking and Address, conset, eggs, elives, paos, parsite, marking and status Marking and status Design Design Design Marking and status Design Marking and status Design Marking and status Design Marking and status Design Marking and status Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Design Des Des Des Des Des Des Des Des	OPTION I Starter Timese inneame analyd Orange, cinnaman, mint Min Timese Smachael Orange, cinnaman, mint Minterese Smachael Orange Minterese Smachael Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese Minterese	OPTIONN Status Marken semark tende stad Arocada grap tanteac cacantea viraignet. 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WEEK OF 22TH OF APRIL

MONDAY
OPTION 1
Starter Chopped salad Romaine lettuce, red cabbage, onions, celery, cherry tomatoes, chickpeas, vinaigrette
Main meal
Bolognaise spaghettis Spaghettis, minced beef meat, tomatoes, basil, mozarella cheese
Dessert Selection from fruits variation
OPTION 2
Starter Sauteed mushrooms Mushrooms, thyme, garlic
Main meal
Vegetarian spaghettis Spaghettis, vegetables, tomatoes, basil
Dessert Selection from fruits variation

TUESDAY OPTION 1 Starter Coleslaw Green cab Main meal Dessert Selection from fruits variation **OPTION 2** Starter Gaspacho Tomatoes, red p cucumber and onions Fish Fingers Sri sert from fruits variation

WEDNESDAY OPTION 1 Starter Macaroni salad Macaroni, red pepper Tin meal Fingers Smashed p Alon Dessert Selection from fruits vario **OPTION 2** Starter Spicy avecado Avocado, onions, n juce and chili Main meal Crispy cauliflower Smashed pote alive ali and fresh cilontro, vegetat Dessert Selection from yogurts variation

THURSDAY
OPTION 1
Starter Moroccan salad Tomatoes, onions, green pepper, vinaigrette
Main meal
Chicken tagine Chicken, potatoes, onions, olives, whole wheat bread
Dessert Selection from fruits variation
OPTION 2
Starter Lentil salad Lentil, tomatoes, carrots, onions
Main meal
Zucchini fritters Zucchini, scallions, eggs, olive oil
Dessert Selection from yogurts variation

FRIDAY

OPTION 1 Starter Couscous Couscous, beef chuck, onions, tro chickpeas, cabbage, carrots, zucchini, pumpkin Dessert Selection from from from milk

option from fruits va

Starter Salad tomato mozarella Tor basil Main meal Veggies Penne Penne, peppers, c broccoli, zucchini, pesto sauce

OPTION 3

Chicken Penne Penne, chicken, mu

FRIDAY
OPTION 1 Starter
lben Butter mik Main meal
Couscous Couscous, Chicken, onions, tomatoes, chickpeas, cabbage, carrots, zucchini, pumpkin Dessert
Selection from fruits variation OPTION 2
Starter Greek salad pasta Rotini or penne pasta, onions, pepper, tomatoes, cucumber, parsley and
Main meal Veggies Penne Penne, peppers, carrots, mushrooms, broccoli, zucchini, pesto sauce
Dessert Selection from yogurts variation
OPTION 3 Main meal
Main meai Chicken Penne Penne, chicken, mushrooms, basil, creamy sauce

WEEK OF 29TH OF APRIL

MONDAY	TUESDAY
OPTION 1	OPTION 1
Starter	Starter
Red cabbage slaw Red cabbage, carrot, home made	Mexican beans salad Black beans, peppers, onions, olive oil
mayonnaise	and fresh cilantro
Main meal	Main meal
Chicken penne Penne pasta, chicken breast, onions,	chill con came Long-grain rice, ground beel, peppers,
peppers, tomatoes, oregano and basil parmesan	onions and tomatos
Dessert	Dessert
Selection from fruits variation OPTION 2	Selection from fruits variation OPTION 2
Starter	Starter
Zucchini soup Zucchini, potatoes, onions, dried thyme,	Carrot sticks with hummus dip Carrot sticks, chickpeas,
rosemary and basil	tahini, garlic, olive oil and cumin
Main meal	Main meal
Penne mushrooms Penne pasta, sliced mushrooms, olive oil	Vegetable biryani Long-grain rince, vegetables, olive oil
and garlic	and coriander
Dessert	Dessert
Selection from yogurts variation	Selection from yogurts variation

	WEDNESDAY
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peas,	Beens scop White Income, accord, covery, goole, herbes de processor
re oil	Beauxy workgoes been of protects workgoes, with guaranteesian day
	Selection from yogurts variation

THURSDAY
OPTION 1
Starter Greamy cucumber salad Cucumber, sour cream, aneth
Main meal chicken Fingers Smashed potatoes, , Fried chicken fingers and ketchup Dessent Selection from fruits variation
OPTION 2
Starter Pasta selad Pasta, cucumber, tamatoes, red onions, lemon-herb vinaigrette Main meal
Vegan fried rice Long-grain rice, eggs, vegetables, soy souce and soy-bean germ