

# CAFETERIA FOOD OPTIONS



## WEEK OF 1ST OF APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>OPTION 1</b></p> <p><b>Starter</b> Mexican quails and corn salad Black beans, corn, peppers, onions, olive oil and fresh cilantro</p> <p><b>Main meal</b> Chicken Penne Penne pasta, chicken breast, tomatoes, onions, garlic and olive oil</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Carrot sticks with hummus dip Carrot, hummus, olive oil</p> <p><b>Main meal</b> Vegan pasta Penne pasta, mushrooms, vegetables, tomatoes, onions, garlic and olive oil</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Coleslaw Green cabbage, red cabbage, carrots, home made mayonnaise</p> <p><b>Main meal</b> Hot dog</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Pasta salad Pasta, cucumber, tomatoes, red onions, lemon herb vinaigrette</p> <p><b>Main meal</b> Roasted mushrooms Mushrooms, olive oil, garlic, parsley</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Cucumber salad Cucumbers, onion, fresh aneth and sour cream</p> <p><b>Main meal</b> Grilled chicken Grilled chicken, onions, vegetables, olives, saffron, bread</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Orange with cinnamon Orange, cinnamon</p> <p><b>Main meal</b> Vegan wok Long-grain rice, peppers, mushrooms, onions, vegetables, oyster and soy sauce</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Pasta salad Pasta, cucumber, tomatoes, red onions, lemon-herb vinaigrette</p> <p><b>Main meal</b> Fish and chips Fried fish with home made chips</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Avocado cucumber tomato salad Avocado, grape tomatoes, cucumber, cilantro, vinaigrette</p> <p><b>Main meal</b> Douce wedges Baked sweet potatoes with guacamole</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Lben Butter milk</p> <p><b>Main meal</b> Couscous Couscous, beef chuck, onions, tomatoes, chickpeas, cabbage, carrots, zucchini, pumpkin</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Moroccan carrot salad Carrots, lemon juice, olive oil and cilantro</p> <p><b>Main meal</b> Veggies Penne Penne, peppers, carrots, mushrooms, broccoli, zucchini, pesto sauce</p> <p><b>Dessert</b> Selection from yogurts variation</p> <p><b>OPTION 3</b></p> <p><b>Main meal</b> Chicken Penne Penne, chicken, mushrooms, basil, creamy sauce</p>

## WEEK OF 8TH OF APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>OPTION 1</b></p> <p><b>Starter</b> Vegetarian salad Avocado, tomatoes, onions, peppers, cucumbers, vinaigrette</p> <p><b>Main meal</b> Beef taco pasta Penne pasta, ground beef, tomatoes, onions, garlic and olive oil</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Nicotise salad Tuna, eggs, potatoes, tomatoes, onions, olives, nicotise vinaigrette</p> <p><b>Main meal</b> Vegan lasa pasta Penne pasta, mushrooms, vegetables, tomatoes, onions, garlic and olive oil</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Russian salad Potatoes, carrots, eggs, olives, peas, parsley, home made mayonnaise</p> <p><b>Main meal</b> Chicken sandwich Pain a l'ancienne, chicken breast, tomatoes, onions, aioli sauce</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Fresh vegetable salad Cucumber, cherry tomatoes, red pepper, celery, onions, parsley, vinaigrette</p> <p><b>Main meal</b> Roasted portobello mushrooms Mushrooms, olive oil, garlic, parsley</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Orange cinnamon salad Orange, cinnamon, mint</p> <p><b>Main meal</b> Fish Fingers Smashed potatoes, and fried fish fingers</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Pumpkin soup Pumpkin, onions and garlic</p> <p><b>Main meal</b> Potato curry Potatoes, tomatoes, cilantro, curry</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Avocado cucumber tomato salad Avocado, grape tomatoes, cucumber, cilantro, vinaigrette</p> <p><b>Main meal</b> Minced meat tagine Ground beef, grilled potatoes, marinara sauce</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Great salad Tomatoes, cucumbers, onions, olives, crumbled feta cheese, oregano and olive oil</p> <p><b>Main meal</b> Veggies fried rice Long-grain rice, eggs, zucchini, carrots, peas, soybean germ and soy sauce</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Lben Butter milk</p> <p><b>Main meal</b> Couscous Couscous, beef chuck, onions, tomatoes, chickpeas, carrots, zucchini, pumpkin</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Moroccan carrot salad Carrots, lemon juice, olive oil and cilantro</p> <p><b>Main meal</b> Veggies Penne Penne, peppers, carrots, mushrooms, broccoli, zucchini, pesto sauce</p> <p><b>Dessert</b> Selection from yogurts variation</p> <p><b>OPTION 3</b></p> <p><b>Main meal</b> Chicken Penne Penne, chicken, mushrooms, basil, creamy sauce</p>

## WEEK OF 15TH OF APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>OPTION 1</b></p> <p><b>Starter</b> Vegetarian salad Avocado, tomatoes, onions, peppers, cucumbers, vinaigrette</p> <p><b>Main meal</b> Beef taco pasta Penne pasta, ground beef, tomatoes, onions, garlic and olive oil</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Nicotise salad Tuna, eggs, potatoes, tomatoes, onions, olives, nicotise vinaigrette</p> <p><b>Main meal</b> Vegan lasa pasta Penne pasta, mushrooms, vegetables, tomatoes, onions, garlic and olive oil</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Russian salad Potatoes, carrots, eggs, olives, peas, parsley, home made mayonnaise</p> <p><b>Main meal</b> Chicken sandwich Pain a l'ancienne, chicken breast, tomatoes, onions, aioli sauce</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Fresh vegetable salad Cucumber, cherry tomatoes, red pepper, celery, onions, parsley, vinaigrette</p> <p><b>Main meal</b> Roasted portobello mushrooms Mushrooms, olive oil, garlic, parsley</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Orange cinnamon salad Orange, cinnamon, mint</p> <p><b>Main meal</b> Fish Fingers Smashed potatoes, and fried fish fingers</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Pumpkin soup Pumpkin, onions and garlic</p> <p><b>Main meal</b> Potato curry Potatoes, tomatoes, cilantro, curry</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Avocado cucumber tomato salad Avocado, grape tomatoes, cucumber, cilantro, vinaigrette</p> <p><b>Main meal</b> Minced meat tagine Ground beef, grilled potatoes, marinara sauce</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Great salad Tomatoes, cucumbers, onions, olives, crumbled feta cheese, oregano and olive oil</p> <p><b>Main meal</b> Veggies fried rice Long-grain rice, eggs, zucchini, carrots, peas, soybean germ and soy sauce</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Lben Butter milk</p> <p><b>Main meal</b> Couscous Couscous, beef chuck, onions, tomatoes, chickpeas, carrots, zucchini, pumpkin</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Moroccan carrot salad Carrots, lemon juice, olive oil and cilantro</p> <p><b>Main meal</b> Veggies Penne Penne, peppers, carrots, mushrooms, broccoli, zucchini, pesto sauce</p> <p><b>Dessert</b> Selection from yogurts variation</p> <p><b>OPTION 3</b></p> <p><b>Main meal</b> Chicken Penne Penne, chicken, mushrooms, basil, creamy sauce</p>

## WEEK OF 22TH OF APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>OPTION 1</b></p> <p><b>Starter</b> Chopped salad Romaine lettuce, red cabbage, onions, celery, cherry tomatoes, chickpeas, vinaigrette</p> <p><b>Main meal</b> Bolognese spaghetti Spaghetti, minced beef meat, tomatoes, basil, mozzarella cheese</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Roasted mushrooms Mushrooms, thyme, garlic</p> <p><b>Main meal</b> Vegetarian spaghetti Spaghetti, vegetables, tomatoes, basil</p> <p><b>Dessert</b> Selection from fruits variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Coleslaw Green cabbage, red cabbage, carrots, home made mayonnaise</p> <p><b>Main meal</b> Hot dog</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Gaspacho Tomatoes, red peppers, green peppers, cucumber and onions</p> <p><b>Main meal</b> Fish Fingers Smashed potatoes, grilled white fish fillet and Aioli</p> <p><b>Dessert</b> Selection from fruits variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Macaroni salad Macaroni, red pepper, onions, celery, hard boiled eggs, home made mayonnaise</p> <p><b>Main meal</b> Fish Fingers Smashed potatoes, grilled white fish fillet and Aioli</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Spicy avocado Avocado, onions, red peppers, cilantro, lime juice and chili</p> <p><b>Main meal</b> Crispy cauliflower Smashed potatoes, baked cauliflower, olive oil and fresh cilantro, vegetables</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Moroccan salad Tomatoes, onions, green pepper, vinaigrette</p> <p><b>Main meal</b> Chicken tagine Chicken, potatoes, onions, olives, whole wheat bread</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Lentil salad Lentil, tomatoes, carrots, onions</p> <p><b>Main meal</b> Zucchini fritters Zucchini, scallions, eggs, olive oil</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Lben Butter milk</p> <p><b>Main meal</b> Couscous Couscous, beef chuck, onions, tomatoes, chickpeas, carrots, zucchini, pumpkin</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Solid tomato mozzarella Tomatoes, mozzarella, olive oil and basil</p> <p><b>Main meal</b> Veggies Penne Penne, peppers, carrots, mushrooms, broccoli, zucchini, pesto sauce</p> <p><b>Dessert</b> Selection from yogurts variation</p> <p><b>OPTION 3</b></p> <p><b>Main meal</b> Chicken Penne Penne, chicken, mushrooms, basil, creamy sauce</p>

## WEEK OF 29TH OF APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>OPTION 1</b></p> <p><b>Starter</b> Red cabbage slow Red cabbage, carrot, home made mayonnaise</p> <p><b>Main meal</b> Chicken penne Penne pasta, chicken breast, onions, peppers, tomatoes, oregano and basil, parmesan</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Zucchini soup Zucchini, potatoes, onions, dried thyme, rosemary and basil</p> <p><b>Main meal</b> Penne mushrooms Penne pasta, sliced mushrooms, olive oil and garlic</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Mexican beans salad Black beans, peppers, onions, olive oil and fresh cilantro</p> <p><b>Main meal</b> Chili con carne Long-grain rice, ground beef, peppers, onions and tomatoes</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Carrot sticks with hummus dip Carrot sticks, chickpeas, tahini, garlic, olive oil and cumin</p> <p><b>Main meal</b> Vegetable biryani Long-grain rice, vegetables, olive oil and coriander</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Creamy cucumber salad Cucumber, sour cream, aneth</p> <p><b>Main meal</b> Chicken fingers Smashed potatoes, Fried chicken fingers and ketchup</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Pasta salad Pasta, cucumber, tomatoes, red onions, lemon-herb vinaigrette</p> <p><b>Main meal</b> Vegan fried rice Long-grain rice, eggs, vegetables, soy sauce and soy-bean germ</p> <p><b>Dessert</b> Selection from yogurts variation</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Lben Butter milk</p> <p><b>Main meal</b> Couscous Couscous, chicken, onions, tomatoes, chickpeas, cabbage, carrots, zucchini, pumpkin</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Greek salad pasta Rottini or penne pasta, onions, pepper, tomatoes, cucumber, parsley and</p> <p><b>Main meal</b> Veggies Penne Penne, peppers, carrots, mushrooms, broccoli, zucchini, pesto sauce</p> <p><b>Dessert</b> Selection from yogurts variation</p> <p><b>OPTION 3</b></p> <p><b>Main meal</b> Chicken Penne Penne, chicken, mushrooms, basil, creamy sauce</p>	<p><b>OPTION 1</b></p> <p><b>Starter</b> Lben Butter milk</p> <p><b>Main meal</b> Couscous Couscous, beef chuck, onions, tomatoes, chickpeas, carrots, zucchini, pumpkin</p> <p><b>Dessert</b> Selection from fruits variation</p> <p><b>OPTION 2</b></p> <p><b>Starter</b> Greek salad pasta Rottini or penne pasta, onions, pepper, tomatoes, cucumber, parsley and</p> <p><b>Main meal</b> Veggies Penne Penne, peppers, carrots, mushrooms, broccoli, zucchini, pesto sauce</p> <p><b>Dessert</b> Selection from yogurts variation</p> <p><b>OPTION 3</b></p> <p><b>Main meal</b> Chicken Penne Penne, chicken, mushrooms, basil, creamy sauce</p>