

CAFETERIA FOOD OPTIONS



WEEK OF 6TH OF MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OPTION 1</p> <p>Starter Cucumber vinegar salad Cucumbers, onion, fresh dill and vinaigrette</p> <p>Main meal Chicken spaghetti Spaghetti, chicken breast, onions, peppers, tomatoes, oregano, parmesan cheese</p> <p>Dessert Selection from fruits variation</p> <p>OPTION 2</p> <p>Starter Cabbage salad Green cabbage, fresh parsley, honey-lemon dressing</p> <p>Main meal Vegetarian spaghetti Spaghetti, vegetables, mushrooms, olive oil and garlic</p> <p>Dessert Selection from yogurts variation</p>	<p>OPTION 1</p> <p>Starter Cherry tomato salad Red onion, cherry tomatoes, basil, and parsley</p> <p>Main meal Chicken Shawarma</p> <p>Dessert Selection from fruits variation</p> <p>OPTION 2</p> <p>Starter Roasted pepper salad Red bell peppers, orange bell peppers, yellow bell peppers, carrots, onions, dill</p> <p>Main meal Douce wedges Sweet potato wedges, with guacamole dip</p> <p>Dessert Selection from yogurts variation</p>	<p>OPTION 1</p> <p>Starter Fennel salad Fennel, cucumber, apple, radish, vinaigrette</p> <p>Main meal Red meat tagine Beef chuck, vegetables, olives, onions, whole wheat bread</p> <p>Dessert Selection from fruits variation</p> <p>OPTION 2</p> <p>Starter Cucumber sticks with hummus dip Cucumber sticks, chickpeas, tahini, garlic, olive oil and cumin</p> <p>Main meal Zucchini fritters Zucchini, scallions, eggs, olive oil</p> <p>Dessert Selection from yogurts variation</p>	<p>OPTION 1</p> <p>Starter Romaine salad Romaine salad, onions, tomatoes, olives, vinaigrette</p> <p>Main meal Chicken Fingers Smashed potatoes and fried chicken fingers</p> <p>Dessert Selection from fruits variation</p> <p>OPTION 2</p> <p>Starter Greek salad Tomatoes, cucumbers, onions, olives, crumbled feta cheese, oregano and olive oil</p> <p>Main meal vegan meatballs Long-grain rice, baked vegetarian meatballs, marinara sauce</p> <p>Dessert Selection from yogurts variation</p>	<p>OPTION 1</p> <p>Starter Lben Butter milk</p> <p>Main meal Couscous Couscous, beef chuck, onions, tomatoes, chickpeas, cabbage, carrots, zucchini, pumpkin</p> <p>Dessert Selection from fruits variation</p> <p>OPTION 2</p> <p>Starter White beans and veggies salad Lettuce, cucumbers, zucchini, tomatoes, white beans, vinaigrette</p> <p>Main meal Veggies Penne Penne, peppers, carrots, mushrooms, broccoli, zucchini, pesto sauce</p> <p>Dessert Selection from yogurts variation</p> <p>OPTION 3</p> <p>Main meal Chicken Penne Penne, chicken, mushrooms, basil, creamy sauce</p>

WEEK OF 13TH OF MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OPTION 1</p> <p>Starter Vegetarian salad Avocado, tomatoes, onions, peppers, cucumbers, vinaigrette</p> <p>Main meal Beef taco pasta Penne pasta, ground beef, tomatoes, onions, garlic and olive oil</p> <p>Dessert Selection from fruits variation</p> <p>OPTION 2</p> <p>Starter Nicotise salad Tuna, eggs, potatoes, tomatoes, onions, olives, nicotise vinaigrette</p> <p>Main meal Vegan taco pasta Penne pasta, mushrooms, vegetables, tomatoes, onions, garlic and olive oil</p> <p>Dessert Selection from yogurts variation</p>	<p>OPTION 1</p> <p>Starter Rusian salad Potatoes, carrots, eggs, olives, peas, parsley, home made mayonnaise</p> <p>Main meal Chicken sandwich Pan a l'ancienne, chicken breast, tomatoes, onions, aioli sauce</p> <p>Dessert Selection from fruits variation</p> <p>OPTION 2</p> <p>Starter Fresh vegetable salad Cucumber, cherry tomatoes, red pepper, celery, onions, parsley, vinaigrette</p> <p>Main meal Roasted portobello mushrooms Mushrooms, olive oil, garlic, parsley</p> <p>Dessert Selection from yogurts variation</p>	<p>OPTION 1</p> <p>Starter Orange cinnamon salad Orange, cinnamon, mint</p> <p>Main meal Chili con carne Long-grain rice, ground beef, peppers, onions and tomatoes</p> <p>Dessert Selection from fruits variation</p> <p>OPTION 2</p> <p>Starter Pumpkin soup Pumpkin, onions and garlic</p> <p>Main meal Potato curry Potatoes, tomatoes, cilantro, curry</p> <p>Dessert Selection from yogurts variation</p>	<p>OPTION 1</p> <p>Starter Avocado cucumber tomato salad Avocado, grape tomatoes, cucumber, cilantro, vinaigrette</p> <p>Main meal Fish Fingers Smashed potatoes, grilled white fish fillet and Aioli</p> <p>Dessert Selection from fruits variation</p> <p>OPTION 2</p> <p>Starter Moroccan carrot salad Carrots, lemon juice, olive oil and cilantro</p> <p>Main meal Veggies Penne Penne, peppers, carrots, mushrooms, broccoli, zucchini, pesto sauce</p> <p>Dessert Selection from yogurts variation</p> <p>OPTION 3</p> <p>Main meal Chicken Penne Penne, chicken, mushrooms, basil, creamy sauce</p>	<p>OPTION 1</p> <p>Starter Lben Butter milk</p> <p>Main meal Couscous Couscous, chicken, onions, tomatoes, chickpeas, cabbage, carrots, zucchini, pumpkin</p> <p>Dessert Selection from fruits variation</p> <p>OPTION 2</p> <p>Starter Moroccan carrot salad Carrots, lemon juice, olive oil and cilantro</p> <p>Main meal Veggies Penne Penne, peppers, carrots, mushrooms, broccoli, zucchini, pesto sauce</p> <p>Dessert Selection from yogurts variation</p> <p>OPTION 3</p> <p>Main meal Chicken Penne Penne, chicken, mushrooms, basil, creamy sauce</p>

WEEK OF 20TH OF MAY

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

WEEK OF 27TH OF MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OPTION 1</p> <p>Starter Cherry tomato salad Red onion, cherry tomatoes, basil, and parsley</p> <p>Main meal Chicken Shawarma</p> <p>Dessert Selection from fruits variation</p> <p>OPTION 2</p> <p>Starter Cucumber sticks with hummus dip Cucumber sticks, chickpeas, tahini, garlic, olive oil and cumin</p> <p>Main meal Zucchini fritters Zucchini, scallions, eggs, olive oil</p> <p>Dessert Selection from yogurts variation</p>	<p>OPTION 1</p> <p>Starter Moroccan salad Tomatoes, onions, green pepper, vinaigrette</p> <p>Main meal Chicken tagine Chicken, potatoes, onions, olives, whole wheat bread</p> <p>Dessert Selection from fruits variation</p> <p>OPTION 2</p> <p>Starter Lentil soup Lentil, tomatoes, carrots, onions</p> <p>Main meal Zucchini fritters Zucchini, scallions, eggs, olive oil</p> <p>Dessert Selection from yogurts variation</p>	<p>OPTION 1</p> <p>Starter Macaroni salad Macaroni, red pepper, onions, celery, hard boiled eggs, home made mayonnaise</p> <p>Main meal Pepperoni Pizza Pizza dough, marinara sauce, pepperoni, mozzarella cheese, oregano</p> <p>Dessert Selection from fruits variation</p> <p>OPTION 2</p> <p>Starter Spicy avocado Avocado, onions, red peppers, cilantro, lime juice and chili</p> <p>Main meal Crispy cauliflower Smashed potatoes, baked cauliflower, olive oil and fresh cilantro, vegetables</p> <p>Dessert Selection from yogurts variation</p>	<p>OPTION 1</p> <p>Starter Coleslaw Green cabbage, red cabbage, carrots, home made mayonnaise</p> <p>Main meal Chicken shawarma</p> <p>Dessert Selection from fruits variation</p> <p>OPTION 2</p> <p>Starter Gaepacho Tomatoes, red peppers, green peppers, cucumber and onions</p> <p>Main meal Creamy vegetarian curry Long-grain rice, chickpeas, vegetables, creamy curry sauce</p> <p>Dessert Selection from yogurts variation</p>	<p>OPTION 1</p> <p>Starter Lben Butter milk</p> <p>Main meal Couscous Couscous, beef chuck, onions, tomatoes, chickpeas, cabbage, carrots, zucchini, pumpkin</p> <p>Dessert Selection from fruits variation</p> <p>OPTION 2</p> <p>Starter Salad tomato mozarella Tomatoes, mozzarella, olive oil and basil</p> <p>Main meal Veggies Penne Penne, peppers, carrots, mushrooms, broccoli, zucchini, pesto sauce</p> <p>Dessert Selection from yogurts variation</p> <p>OPTION 3</p> <p>Main meal Chicken Penne Penne, chicken, mushrooms, basil, creamy sauce</p>