

WEEK OF AUGUST 26TH

MONDAY

OPTION 1 CHICKEN DAY
STARTERS TOMATO SOUP Tomatoes, onions, garlic, vegetable broth, basil, olive oil, salt, pepper
MAIN DISH CHICKEN AND VEGETABLE STIR FRY WITH RICE Chicken breast, bell peppers, broccoli, carrots, soy sauce, garlic, ginger, rice, olive oil
OPTION 2 VEGETARIAN
STARTERS CARROT AND GINGER SOUP Carrots, ginger, onions, vegetable broth, salt, pepper
MAIN DISH MARGHERITA PIZZA Pizza dough, tomatoes, mozzarella, basil, olive oil, salt

TUESDAY

OPTION 1 RED MEAT
STARTERS BEEF SALAD Beets, goat cheese, arugula, walnuts, olive oil, balsamic vinegar, salt, pepper
MAIN DISH SPAGHETTI BOLOGNESE Ground beef, spaghetti, tomatoes, onions, garlic, olive oil, basil, salt, pepper
OPTION 2 VEGETARIAN
STARTERS QUINOA SALAD Quinoa, cucumbers, cherry tomatoes, red onions, parsley, lemon juice, olive oil, salt, pepper
MAIN DISH EGGPLANT PARMESAN Eggplant, mozzarella, Parmesan, marinara sauce, basil, olive oil, salt, pepper

WEDNESDAY

OPTION 1 FISH DAY
STARTERS CAESAR SALAD Romaine lettuce, croutons, Parmesan cheese, Caesar dressing
MAIN DISH BAKED FISH WITH LEMON HERB SAUCE & RICE White fish filets, lemon, garlic, parsley, olive oil, rice, salt, pepper
OPTION 2 VEGETARIAN
STARTERS ROASTED RED PEPPER SOUP Red bell peppers, tomatoes, onions, garlic, vegetable broth, olive oil, salt, pepper
MAIN DISH STUFFED BELL PEPPERS Bell peppers, quinoa, black beans, corn, tomatoes, cheese, onions, garlic, salt, pepper

THURSDAY

OPTION 1 VEGETARIAN DAY
STARTERS EGG SALAD Eggs, mayonnaise, mustard, celery, salt, pepper
MAIN DISH VEGGIE TACOS Tortillas, black beans, corn, bell peppers, avocado, lettuce, cheese, salsa
OPTION 2 VEGETARIAN
STARTERS GREEK SALAD Cucumbers, tomatoes, olives, feta cheese, red onions, olive oil, oregano
MAIN DISH PENNE ARRABBIATA Penne pasta, tomatoes, garlic, red pepper flakes, olive oil, parsley, salt, pepper

FRIDAY

OPTION 1 COUSCOUS DAY
STARTERS LBEN Lben (fermented milk)
MAIN DISH COUSCOUS WITH RED MEAT Lamb, couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper
OPTION 2 VEGETARIAN
STARTERS MIXED GREEN SALAD Mixed greens, cherry tomatoes, cucumbers, carrots, olive oil, lemon juice, salt, pepper
MAIN DISH COUSCOUS WITH VEGETABLES Couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper

WEEK OF SEPTEMBER 2ND

MONDAY

OPTION 1 CHICKEN DAY
STARTERS TOMATO SOUP Tomatoes, onions, garlic, vegetable broth, basil, olive oil, salt, pepper
MAIN DISH CHICKEN AND VEGETABLE STIR FRY WITH RICE Chicken breast, bell peppers, broccoli, carrots, soy sauce, garlic, ginger, rice, olive oil
OPTION 2 VEGETARIAN
STARTERS CARROT AND GINGER SOUP Carrots, ginger, onions, vegetable broth, salt, pepper
MAIN DISH MARGHERITA PIZZA Pizza dough, tomatoes, mozzarella, basil, olive oil, salt

TUESDAY

OPTION 1 RED MEAT
STARTERS BEEF SALAD Beets, goat cheese, arugula, walnuts, olive oil, balsamic vinegar, salt, pepper
MAIN DISH SPAGHETTI BOLOGNESE Ground beef, spaghetti, tomatoes, onions, garlic, olive oil, basil, salt, pepper
OPTION 2 VEGETARIAN
STARTERS QUINOA SALAD Quinoa, cucumbers, cherry tomatoes, red onions, parsley, lemon juice, olive oil, salt, pepper
MAIN DISH EGGPLANT PARMESAN Eggplant, mozzarella, Parmesan, marinara sauce, basil, olive oil, salt, pepper

WEDNESDAY

OPTION 1 FISH DAY
STARTERS CUCUMBER SALAD Cucumbers, dill, yogurt, lemon juice, salt, pepper
MAIN DISH GRILLED SALMON WITH RICE Salmon filets, olive oil, lemon, garlic, rice, parsley, salt, pepper
OPTION 2 VEGETARIAN
STARTERS LENTIL SOUP Lentils, carrots, celery, onions, tomatoes, vegetable broth, cumin, salt, pepper
MAIN DISH MUSHROOM RISOTTO Arborio rice, mushrooms, vegetable broth, Parmesan, garlic, onions, white wine, butter, olive oil, salt, pepper

THURSDAY

OPTION 1 VEGETARIAN DAY
STARTERS DEVILED EGGS Eggs, mayonnaise, mustard, paprika, salt, pepper
MAIN DISH VEGGIE BURRITO BOWL Rice, black beans, corn, bell peppers, avocado, salsa, cilantro, lime juice, salt, pepper
OPTION 2 VEGETARIAN
STARTERS CHICKPEA SALAD Chickpeas, cucumbers, cherry tomatoes, red onions, parsley, lemon juice, olive oil, salt, pepper
MAIN DISH PENNE WITH PESTO SAUCE Penne pasta, basil, Parmesan cheese, pine nuts, garlic, olive oil, salt, pepper

FRIDAY

OPTION 1 COUSCOUS DAY
STARTERS LBEN Lben (fermented milk)
MAIN DISH COUSCOUS WITH CHICKEN Chicken, couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper
OPTION 2 VEGETARIAN
STARTERS MIXED GREEN SALAD Mixed greens, cherry tomatoes, cucumbers, carrots, olive oil, lemon juice, salt, pepper
MAIN DISH COUSCOUS WITH VEGETABLES Couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper

WEEK OF SEPTEMBER 9TH

MONDAY

OPTION 1 CHICKEN DAY
STARTERS VEGETABLE SOUP Carrots, celery, onions, potatoes, vegetable broth, salt, pepper
MAIN DISH CHICKEN ALFREDO PASTA Chicken breast, penne pasta, heavy cream, Parmesan cheese, garlic, butter, parsley, salt, pepper
OPTION 2 VEGETARIAN
STARTERS TOMATO BASIL SOUP Tomatoes, basil, garlic, onions, vegetable broth, salt, pepper
MAIN DISH VEGETABLE STIR FRY WITH RICE Bell peppers, broccoli, carrots, soy sauce, garlic, ginger, rice, olive oil

TUESDAY

OPTION 1 RED MEAT
STARTERS LENTIL SALAD Lentils, cherry tomatoes, cucumbers, parsley, lemon juice, olive oil, salt, pepper
MAIN DISH BEEF TACOS Ground beef, taco shells, lettuce, cheese, salsa, sour cream
OPTION 2 VEGETARIAN
STARTERS GREEK SALAD Cucumbers, tomatoes, olives, feta cheese, red onions, olive oil, oregano
MAIN DISH VEGGIE TACOS Black beans, corn, avocado, taco shells, lettuce, salsa

WEDNESDAY

OPTION 1 FISH DAY
STARTERS TUNA SALAD Tuna, mayonnaise, celery, onions, lemon juice, salt, pepper
MAIN DISH BAKED FISH WITH RICE White fish filets, lemon, garlic, olive oil, rice, parsley, salt, pepper
OPTION 2 VEGETARIAN
STARTERS SPINACH AND FETA STUFFED MUSHROOMS Mushrooms, spinach, feta cheese, garlic, olive oil, salt, pepper
MAIN DISH SPAGHETTI WITH MARINARA SAUCE Spaghetti, tomatoes, garlic, onions, basil, olive oil, salt, pepper

THURSDAY

OPTION 1 VEGETARIAN DAY
STARTERS DEVILED EGGS Eggs, mayonnaise, mustard, paprika, salt, pepper
MAIN DISH VEGETABLE LASAGNA Lasagna noodles, ricotta cheese, mozzarella, spinach, zucchini, marinara sauce, garlic, olive oil, salt, pepper
OPTION 2 VEGETARIAN
STARTERS CAPRESE SALAD Tomatoes, mozzarella, basil, olive oil, balsamic vinegar, salt, pepper
MAIN DISH STUFFED BELL PEPPERS Bell peppers, rice, black beans, corn, cheese, tomatoes, onions, garlic, salt, pepper

FRIDAY

OPTION 1 COUSCOUS DAY
STARTERS LBEN Lben (fermented milk)
MAIN DISH COUSCOUS WITH RED MEAT Lamb, couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper
OPTION 2 VEGETARIAN
STARTERS GARDEN SALAD Lettuce, cucumbers, cherry tomatoes, red onions, olive oil, lemon juice, salt, pepper
MAIN DISH COUSCOUS WITH VEGETABLES Couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper

WEEK OF SEPTEMBER 16TH

MONDAY

OPTION 1 CHICKEN DAY
STARTERS VEGETABLE SOUP Carrots, celery, onions, potatoes, vegetable broth, salt, pepper
MAIN DISH CHICKEN ALFREDO PASTA Chicken breast, penne pasta, heavy cream, Parmesan cheese, garlic, butter, parsley, salt, pepper
OPTION 2 VEGETARIAN
STARTERS TOMATO BASIL SOUP Tomatoes, basil, garlic, onions, vegetable broth, salt, pepper
MAIN DISH VEGETABLE STIR FRY WITH RICE Bell peppers, broccoli, carrots, soy sauce, garlic, ginger, rice, olive oil

TUESDAY

OPTION 1 RED MEAT
STARTERS LENTIL SALAD Lentils, cherry tomatoes, cucumbers, parsley, lemon juice, olive oil, salt, pepper
MAIN DISH BEEF TACOS Ground beef, taco shells, lettuce, cheese, salsa, sour cream
OPTION 2 VEGETARIAN
STARTERS GREEK SALAD Cucumbers, tomatoes, olives, feta cheese, red onions, olive oil, oregano
MAIN DISH VEGGIE TACOS Black beans, corn, avocado, taco shells, lettuce, salsa

WEDNESDAY

OPTION 1 FISH DAY
STARTERS MIXED BEAN SALAD Kidney beans, chickpeas, green beans, red onions, parsley, lemon juice, olive oil, salt, pepper
MAIN DISH GRILLED SALMON WITH RICE Salmon filets, olive oil, lemon, garlic, rice, parsley, salt, pepper
OPTION 2 VEGETARIAN
STARTERS ROASTED BUTTERNUT SQUASH SOUP Butternut squash, onions, garlic, vegetable broth, cream, nutmeg, salt, pepper
MAIN DISH SPINACH AND RICOTTA STUFFED SHELLS Pasta shells, spinach, ricotta cheese, mozzarella, marinara sauce, garlic, olive oil, salt, pepper

THURSDAY

OPTION 1 VEGETARIAN DAY
STARTERS DEVILED EGGS Eggs, mayonnaise, mustard, paprika, salt, pepper
MAIN DISH VEGGIE BURRITO BOWL Rice, black beans, corn, bell peppers, avocado, salsa, cilantro, lime juice, salt, pepper
OPTION 2 VEGETARIAN
STARTERS CHICKPEA SALAD Chickpeas, cucumbers, cherry tomatoes, red onions, parsley, lemon juice, olive oil, salt, pepper
MAIN DISH PENNE WITH PESTO SAUCE Penne pasta, basil, Parmesan cheese, pine nuts, garlic, olive oil, salt, pepper

FRIDAY

OPTION 1 COUSCOUS DAY
STARTERS LBEN Lben (fermented milk)
MAIN DISH COUSCOUS WITH RED MEAT Lamb, couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper
OPTION 2 VEGETARIAN
STARTERS MIXED GREEN SALAD Mixed greens, cherry tomatoes, cucumbers, carrots, olive oil, lemon juice, salt, pepper
MAIN DISH COUSCOUS WITH VEGETABLES Couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper

WEEK OF SEPTEMBER 23RD

MONDAY

OPTION 1 CHICKEN DAY
STARTERS CARROT AND GINGER SOUP Carrots, ginger, onions, vegetable broth, salt, pepper
MAIN DISH CHICKEN ALFREDO PASTA Chicken breast, penne pasta, heavy cream, Parmesan cheese, garlic, butter, parsley, salt, pepper
OPTION 2 VEGETARIAN
STARTERS MINESTRONE SOUP Tomatoes, carrots, celery, onions, beans, pasta, vegetable broth, basil, salt, pepper
MAIN DISH MARGHERITA PIZZA Pizza dough, tomatoes, mozzarella, basil, olive oil, salt

TUESDAY

OPTION 1 RED MEAT
STARTERS QUINOA SALAD Quinoa, cucumbers, cherry tomatoes, red onions, parsley, lemon juice, olive oil, salt, pepper
MAIN DISH BEEF STROGANOFF WITH MASHED POTATOES Beef strips, mushrooms, onions, sour cream, mustard, mashed potatoes, butter, milk, salt, pepper
OPTION 2 VEGETARIAN
STARTERS BEEF SALAD Beets, goat cheese, arugula, walnuts, olive oil, balsamic vinegar, salt, pepper
MAIN DISH EGGPLANT PARMESAN Eggplant, mozzarella, Parmesan, marinara sauce, basil, olive oil, salt, pepper

WEDNESDAY

OPTION 1 FISH DAY
STARTERS CUCUMBER SALAD Cucumbers, dill, yogurt, lemon juice, salt, pepper
MAIN DISH FISH TACOS White fish filets, taco shells, cabbage, lime, avocado, cilantro, sour cream, salt, pepper
OPTION 2 VEGETARIAN
STARTERS LENTIL SOUP Lentils, carrots, celery, onions, tomatoes, vegetable broth, cumin, salt, pepper
MAIN DISH MUSHROOM RISOTTO Arborio rice, mushrooms, vegetable broth, Parmesan, garlic, onions, white wine, butter, olive oil, salt, pepper

THURSDAY

OPTION 1 VEGETARIAN DAY
STARTERS EGG SALAD Eggs, mayonnaise, mustard, celery, salt, pepper
MAIN DISH VEGGIE WRAPS Tortillas, hummus, bell peppers, cucumbers, spinach, carrots, feta cheese, olive oil, salt, pepper
OPTION 2 VEGETARIAN
STARTERS HUMMUS WITH PITA BREAD Chickpeas, tahini, lemon juice, garlic, olive oil, salt, pita bread
MAIN DISH VEGETABLE CURRY WITH RICE Potatoes, carrots, peas, tomatoes, coconut milk, curry powder, rice, olive oil, salt, pepper

FRIDAY

OPTION 1 COUSCOUS DAY
STARTERS LBEN Lben (fermented milk)
MAIN DISH COUSCOUS WITH RED MEAT Lamb, couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper
OPTION 2 VEGETARIAN
STARTERS MIXED GREEN SALAD Mixed greens, cherry tomatoes, cucumbers, carrots, olive oil, lemon juice, salt, pepper
MAIN DISH COUSCOUS WITH VEGETABLES Couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper