

WEEK OF SEPTEMBER 30TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OPTION 1 CHICKEN DAY</p> <p>STARTERS CREAMY TOMATO SOUP Tomatoes, cream, garlic, onions, vegetable broth, basil, salt, pepper</p> <p>MAIN DISH CHICKEN AND BROCCOLI ALFREDO Chicken breast, fettuccine pasta, broccoli, heavy cream, Parmesan cheese, garlic, butter, salt, pepper</p>	<p>OPTION 1 RED MEAT</p> <p>STARTERS GREEK SALAD Cucumbers, tomatoes, olives, feta cheese, red onions, olive oil, oregano</p> <p>MAIN DISH BEEF AND BEAN CHILI Ground beef, kidney beans, tomatoes, onions, chili powder, garlic, cumin, salt, pepper</p>	<p>OPTION 1 FISH DAY</p> <p>STARTERS COLESLAW Cabbage, carrots, mayonnaise, vinegar, sugar, salt, pepper</p> <p>MAIN DISH BAKED COD WITH RICE PILAF Cod filets, lemon, garlic, olive oil, rice, carrots, peas, parsley, salt, pepper</p>	<p>OPTION 1 VEGETARIAN DAY</p> <p>STARTERS DEVILED EGGS Eggs, mayonnaise, mustard, paprika, salt, pepper</p> <p>MAIN DISH VEGGIE WRAPS Tortillas, hummus, bell peppers, cucumbers, spinach, carrots, feta cheese, olive oil, salt, pepper</p>	<p>OPTION 1 COUSCOUS DAY</p> <p>STARTERS LBEN Lben (fermented milk)</p> <p>MAIN DISH COUSCOUS WITH CHICKEN Chicken, couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper</p>
<p>OPTION 2 VEGETARIAN</p> <p>STARTERS ROASTED TOMATO SOUP Tomatoes, garlic, onions, vegetable broth, olive oil, basil, salt, pepper</p> <p>MAIN DISH SPINACH AND RICOTTA CANNELLONI Cannelloni pasta, spinach, ricotta cheese, marinara sauce, mozzarella, garlic, olive oil, salt, pepper</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS CHICKPEA SALAD Chickpeas, cucumbers, cherry tomatoes, red onions, parsley, lemon juice, olive oil, salt, pepper</p> <p>MAIN DISH VEGETABLE CURRY WITH RICE Potatoes, carrots, peas, tomatoes, coconut milk, curry powder, rice, olive oil, salt, pepper</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS LENTIL SOUP Lentils, carrots, celery, onions, tomatoes, vegetable broth, cumin, salt, pepper</p> <p>MAIN DISH VEGETABLE STIR FRY WITH RICE Bell peppers, broccoli, carrots, soy sauce, garlic, ginger, rice, olive oil</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS CAPRESE SALAD Tomatoes, mozzarella, basil, olive oil, balsamic vinegar, salt, pepper</p> <p>MAIN DISH PENNE WITH TOMATO BASIL SAUCE Penne pasta, tomatoes, basil, garlic, olive oil, salt, pepper</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS MIXED GREEN SALAD Mixed greens, cherry tomatoes, cucumbers, carrots, olive oil, lemon juice, salt, pepper</p> <p>MAIN DISH COUSCOUS WITH VEGETABLES Couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper</p>

WEEK OF OCTOBER 7TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>OPTION 1 RED MEAT</p> <p>STARTERS CAESAR SALAD Romaine lettuce, croutons, Parmesan cheese, Caesar dressing</p> <p>MAIN DISH BEEF AND VEGETABLE STIR FRY Beef strips, bell peppers, broccoli, carrots, soy sauce, garlic, ginger, rice, olive oil</p>	<p>OPTION 1 FISH DAY</p> <p>STARTERS MIXED BEAN SALAD Kidney beans, chickpeas, green beans, red onions, parsley, lemon juice, olive oil, salt, pepper</p> <p>MAIN DISH GRILLED SALMON WITH RICE Salmon filets, olive oil, lemon, garlic, rice, parsley, salt, pepper</p>	<p>OPTION 1 VEGETARIAN DAY</p> <p>STARTERS DEVILED EGGS Eggs, mayonnaise, mustard, paprika, salt, pepper</p> <p>MAIN DISH VEGGIE BURRITO BOWL Rice, black beans, corn, bell peppers, avocado, salsa, cilantro, lime juice, salt, pepper</p>	<p>OPTION 1 COUSCOUS DAY</p> <p>STARTERS LBEN Lben (fermented milk)</p> <p>MAIN DISH COUSCOUS WITH RED MEAT Lamb, couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper</p>
	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS TOMATO AND MOZZARELLA SALAD Tomatoes, mozzarella, basil, olive oil, balsamic vinegar, salt, pepper</p> <p>MAIN DISH EGGPLANT PARMESAN Tortillas, cheese, bell peppers, onions, salsa</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS ROASTED BUTTERNUT SQUASH SOUP Butternut squash, onions, garlic, vegetable broth, cream, nutmeg, salt, pepper</p> <p>MAIN DISH SPINACH AND RICOTTA STUFFED SHELLS Pasta shells, spinach, ricotta cheese, mozzarella, marinara sauce, garlic, olive oil, salt, pepper</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS CHICKPEA SALAD Chickpeas, cucumbers, cherry tomatoes, red onions, parsley, lemon juice, olive oil, salt, pepper</p> <p>MAIN DISH PENNE WITH PESTO SAUCE Penne pasta, basil, Parmesan cheese, pine nuts, garlic, olive oil, salt, pepper</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS GARDEN SALAD Lettuce, cucumbers, cherry tomatoes, red onions, olive oil, salt, pepper</p> <p>MAIN DISH COUSCOUS WITH VEGETABLES Couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper</p>

WEEK OF OCTOBER 14TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OPTION 1 CHICKEN DAY</p> <p>STARTERS VEGETABLE SOUP Carrots, celery, onions, potatoes, vegetable broth, salt, pepper</p> <p>MAIN DISH GRILLED CHICKEN WITH MASHED POTATOES Chicken breast, olive oil, garlic, rosemary, potatoes, butter, milk, salt, pepper</p>	<p>OPTION 1 RED MEAT</p> <p>STARTERS LENTIL SALAD Lentils, cherry tomatoes, cucumbers, parsley, lemon juice, olive oil, salt, pepper</p> <p>MAIN DISH BEEF TACOS Ground beef, taco shells, lettuce, cheese, salsa, sour cream</p>	<p>OPTION 1 FISH DAY</p> <p>STARTERS TUNA SALAD Tuna, mayonnaise, celery, onions, lemon juice, salt, pepper</p> <p>MAIN DISH BAKED FISH WITH RICE White fish filets, lemon, garlic, olive oil, rice, parsley, salt, pepper</p>	<p>OPTION 1 VEGETARIAN DAY</p> <p>STARTERS DEVILED EGGS Eggs, mayonnaise, mustard, paprika, salt, pepper</p> <p>MAIN DISH VEGETABLE LASAGNA Lasagna noodles, ricotta cheese, mozzarella, spinach, zucchini, marinara sauce, garlic, olive oil, salt, pepper</p>	<p>OPTION 1 COUSCOUS DAY</p> <p>STARTERS LBEN Lben (fermented milk)</p> <p>MAIN DISH COUSCOUS WITH CHICKEN Chicken, couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper</p>
<p>OPTION 2 VEGETARIAN</p> <p>STARTERS TOMATO BASIL SOUP Tomatoes, basil, garlic, onions, vegetable broth, salt, pepper</p> <p>MAIN DISH VEGETABLE STIR FRY WITH RICE Bell peppers, broccoli, carrots, soy sauce, garlic, ginger, rice, olive oil</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS GREEK SALAD Cucumbers, tomatoes, olives, feta cheese, red onions, olive oil, oregano</p> <p>MAIN DISH VEGGIE TACOS Black beans, corn, avocado, taco shells, lettuce, salsa</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS SPINACH AND FETA STUFFED MUSHROOMS Mushrooms, spinach, feta cheese, garlic, olive oil, salt, pepper</p> <p>MAIN DISH SPAGHETTI WITH MARINARA SAUCE Spaghetti, tomatoes, garlic, onions, basil, olive oil, salt, pepper</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS CAPRESE SALAD Tomatoes, mozzarella, basil, olive oil, balsamic vinegar, salt, pepper</p> <p>MAIN DISH STUFFED BELL PEPPERS Bell peppers, rice, black beans, corn, cheese, tomatoes, onions, garlic, salt, pepper</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS MIXED GREEN SALAD Mixed greens, cherry tomatoes, cucumbers, carrots, olive oil, lemon juice, salt, pepper</p> <p>MAIN DISH COUSCOUS WITH VEGETABLES Couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper</p>

WEEK OF OCTOBER 21TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

WEEK OF OCTOBER 28TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OPTION 1 CHICKEN DAY</p> <p>STARTERS CORN CHOWDER Corn, potatoes, onions, celery, milk, vegetable broth, butter, salt, pepper</p> <p>MAIN DISH BBQ CHICKEN SANDWICH Chicken breast, BBQ sauce, sandwich buns, lettuce, tomatoes, mayonnaise, salt, pepper</p>	<p>OPTION 1 RED MEAT</p> <p>STARTERS CAESAR SALAD Romaine lettuce, croutons, Parmesan, Caesar dressing</p> <p>MAIN DISH SPAGHETTI BOLOGNESE Ground beef, spaghetti, tomatoes, onions, garlic, olive oil, basil, salt, pepper</p>	<p>OPTION 1 FISH DAY</p> <p>STARTERS MIXED BEAN SALAD Kidney beans, chickpeas, green beans, red onions, parsley, lemon juice, olive oil, salt, pepper</p> <p>MAIN DISH GRILLED SALMON WITH RICE Butternut squash, onions, garlic, vegetable broth, cream, nutmeg, salt, pepper</p>	<p>OPTION 1 VEGETARIAN DAY</p> <p>STARTERS DEVILED EGGS Eggs, mayonnaise, mustard, paprika, salt, pepper</p> <p>MAIN DISH VEGGIE BURRITO BOWL Rice, black beans, corn, bell peppers, avocado, salsa, cilantro, lime juice, salt, pepper</p>	<p>OPTION 1 COUSCOUS DAY</p> <p>STARTERS LBEN Lben (fermented milk)</p> <p>MAIN DISH COUSCOUS WITH CHICKEN Chicken, couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper</p>
<p>OPTION 2 VEGETARIAN</p> <p>STARTERS GAZPACHO Tomatoes, cucumbers, bell peppers, onions, garlic, olive oil, vinegar, salt, pepper</p> <p>MAIN DISH GRILLED VEGETABLE PANINI Bread, zucchini, bell peppers, eggplant, mozzarella, basil, olive oil, salt, pepper</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS TOMATO AND MOZZARELLA SALAD Tomatoes, mozzarella, basil, olive oil, balsamic vinegar, salt, pepper</p> <p>MAIN DISH CHEESE QUESADILLAS Tortillas, cheese, bell peppers, onions, salsa</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS SPINACH AND RICOTTA STUFFED SHELLS Mushrooms, spinach, ricotta cheese, mozzarella, marinara sauce, garlic, olive oil, salt, pepper</p> <p>MAIN DISH SPAGHETTI WITH MARINARA SAUCE Pasta shells, spinach, ricotta cheese, mozzarella, marinara sauce, garlic, olive oil, salt, pepper</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS CHICKPEA SALAD Chickpeas, cucumbers, cherry tomatoes, red onions, parsley, lemon juice, olive oil, salt, pepper</p> <p>MAIN DISH PENNE WITH PESTO SAUCE Penne pasta, basil, Parmesan cheese, pine nuts, garlic, olive oil, salt, pepper</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS MIXED GREEN SALAD Mixed greens, cherry tomatoes, cucumbers, carrots, olive oil, lemon juice, salt, pepper</p> <p>MAIN DISH COUSCOUS WITH VEGETABLES Couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper</p>