

WEEK OF NOVEMBER 4TH

MONDAY

<b>OPTION 1</b> CHICKEN DAY
<b>STARTERS</b> <b>BROCCOLI CHEDDAR SOUP</b> Carrots, celery, onions, potatoes, vegetable broth, salt, pepper
<b>MAIN DISH</b> <b>GRILLED CHICKEN WITH MASHED POTATOES</b> Chicken breast, olive oil, garlic, rosemary, potatoes, butter, milk, salt, pepper
<b>OPTION 2</b> VEGETARIAN
<b>STARTERS</b> <b>TOMATO BASIL SOUP</b> Tomatoes, basil, garlic, onions, vegetable broth, salt, pepper
<b>MAIN DISH</b> <b>VEGETABLE STIR FRY WITH RICE</b> Bell peppers, broccoli, carrots, soy sauce, garlic, ginger, rice, olive oil

TUESDAY

<b>OPTION 1</b> RED MEAT
<b>STARTERS</b> <b>CAPRESE SALAD</b> Tomatoes, mozzarella, basil, olive oil, balsamic vinegar, salt, pepper
<b>MAIN DISH</b> <b>BEEF AND VEGETABLE STIR FRY</b> Beef strips, bell peppers, broccoli, carrots, soy sauce, garlic, ginger, rice, olive oil
<b>OPTION 2</b> VEGETARIAN
<b>STARTERS</b> <b>MIXED BEAN SALAD</b> Kidney beans, chickpeas, green beans, red onions, parsley, lemon juice, olive oil, salt, pepper
<b>MAIN DISH</b> <b>EGGPLANT PARMESAN</b> Eggplant, mozzarella, Parmesan, marinara sauce, basil, olive oil, salt, pepper

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

WEEK OF NOVEMBER 11TH

MONDAY

<b>OPTION 1</b> CHICKEN DAY
<b>STARTERS</b> <b>BROCCOLI CHEDDAR SOUP</b> Carrots, celery, onions, potatoes, vegetable broth, salt, pepper
<b>MAIN DISH</b> <b>GRILLED CHICKEN WITH MASHED POTATOES</b> Chicken breast, olive oil, garlic, rosemary, potatoes, butter, milk, salt, pepper
<b>OPTION 2</b> VEGETARIAN
<b>STARTERS</b> <b>TOMATO BASIL SOUP</b> Tomatoes, basil, garlic, onions, vegetable broth, salt, pepper
<b>MAIN DISH</b> <b>VEGETABLE STIR FRY WITH RICE</b> Bell peppers, broccoli, carrots, soy sauce, garlic, ginger, rice, olive oil

TUESDAY

<b>OPTION 1</b> RED MEAT
<b>STARTERS</b> <b>CAPRESE SALAD</b> Tomatoes, mozzarella, basil, olive oil, balsamic vinegar, salt, pepper
<b>MAIN DISH</b> <b>BEEF AND VEGETABLE STIR FRY</b> Beef strips, bell peppers, broccoli, carrots, soy sauce, garlic, ginger, rice, olive oil
<b>OPTION 2</b> VEGETARIAN
<b>STARTERS</b> <b>MIXED BEAN SALAD</b> Kidney beans, chickpeas, green beans, red onions, parsley, lemon juice, olive oil, salt, pepper
<b>MAIN DISH</b> <b>EGGPLANT PARMESAN</b> Eggplant, mozzarella, Parmesan, marinara sauce, basil, olive oil, salt, pepper

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

WEEK OF NOVEMBER 18TH

MONDAY

<b>OPTION 1</b> CHICKEN DAY
<b>STARTERS</b> <b>BROCCOLI CHEDDAR SOUP</b> Carrots, celery, onions, potatoes, vegetable broth, salt, pepper
<b>MAIN DISH</b> <b>GRILLED CHICKEN WITH MASHED POTATOES</b> Chicken breast, olive oil, garlic, rosemary, potatoes, butter, milk, salt, pepper
<b>OPTION 2</b> VEGETARIAN
<b>STARTERS</b> <b>TOMATO BASIL SOUP</b> Tomatoes, basil, garlic, onions, vegetable broth, salt, pepper
<b>MAIN DISH</b> <b>VEGETABLE STIR FRY WITH RICE</b> Bell peppers, broccoli, carrots, soy sauce, garlic, ginger, rice, olive oil

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

WEEK OF NOVEMBER 25TH

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

WEEK OF DECEMBER 02ND

MONDAY

<b>OPTION 1</b> CHICKEN DAY
<b>STARTERS</b> <b>CORN CHOWDER</b> Corn, potatoes, onions, celery, milk, vegetable broth, butter, salt, pepper
<b>MAIN DISH</b> <b>CHICKEN QUESADILLAS</b> Chicken breast, tortillas, cheese, bell peppers, onions, salsa
<b>OPTION 2</b> VEGETARIAN
<b>STARTERS</b> <b>GAZPACHO</b> Tomatoes, cucumbers, bell peppers, onions, garlic, olive oil, vinegar, salt, pepper
<b>MAIN DISH</b> <b>GRILLED VEGETABLE PANINI</b> Bread, zucchini, bell peppers, eggplant, mozzarella, basil, olive oil, salt, pepper

TUESDAY

<b>OPTION 1</b> RED MEAT
<b>STARTERS</b> <b>CAESAR SALAD</b> Romaine lettuce, croutons, Parmesan, Caesar dressing
<b>MAIN DISH</b> <b>BEEF AND VEGETABLE STIR FRY</b> Beef strips, bell peppers, broccoli, carrots, soy sauce, garlic, ginger, rice, olive oil
<b>OPTION 2</b> VEGETARIAN
<b>STARTERS</b> <b>TOMATO AND MOZZARELLA SALAD</b> Tomatoes, mozzarella, basil, olive oil, balsamic vinegar, salt, pepper
<b>MAIN DISH</b> <b>CHEESE QUESADILLAS</b> Tortillas, cheese, bell peppers, onions, salsa

WEDNESDAY

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

THURSDAY

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

FRIDAY

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