

WEEK OF DECEMBER 09TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OPTION 1 CHICKEN DAY</p> <p>STARTERS CARROT AND GINGER SOUP Carrots, ginger, onions, vegetable broth, salt, pepper</p> <p>MAIN DISH CHICKEN ALFREDO PASTA Chicken breast, penne pasta, heavy cream, Parmesan cheese, garlic, butter, parsley, salt, pepper</p>	<p>OPTION 1 RED MEAT</p> <p>STARTERS QUINOA SALAD Quinoa, cucumbers, cherry tomatoes, red onions, parsley, lemon juice, olive oil, salt, pepper</p> <p>MAIN DISH BEEF STROGANOFF WITH MASHED POTATOES Beef strips, mushrooms, onions, sour cream, mustard, mashed potatoes, butter, milk, salt, pepper</p>	<p>OPTION 1 FISH DAY</p> <p>STARTERS CUCUMBER SALAD Cucumbers, dill, yogurt, lemon juice, salt, pepper</p> <p>MAIN DISH FISH TACOS White fish fillets, taco shells, cabbage, lime, avocado, cilantro, sour cream, salt, pepper</p>	<p>OPTION 1 VEGETARIAN DAY</p> <p>STARTERS EGG SALAD Eggs, mayonnaise, mustard, celery, 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 RED MEAT Lamb, couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper</p>
<p>OPTION 2 VEGETARIAN</p> <p>STARTERS MINESTRONE SOUP Tomatoes, carrots, celery, onions, beans, pasta, vegetable broth, basil, salt, pepper</p> <p>MAIN DISH MARGHERITA PIZZA Pizza dough, tomatoes, mozzarella, basil, olive oil, salt</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS BEEF SALAD Beets, goat cheese, arugula, walnuts, olive oil, balsamic vinegar, salt, pepper</p> <p>MAIN DISH EGGPLANT PARMESAN Eggplant, mozzarella, Parmesan, marinara sauce, basil, 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 MUSHROOM RISOTTO Arborio rice, mushrooms, vegetable broth, Parmesan, garlic, onions, white wine, butter, olive oil, salt, pepper</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS HUMMUS WITH PITA BREAD Chickpeas, tahini, lemon juice, garlic, olive oil, salt, pita bread</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 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 DECEMBER 16TH

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 DECEMBER 23TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OPTION 1 CHICKEN DAY</p> <p>STARTERS CARROT AND GINGER SOUP Carrots, ginger, onions, vegetable broth, salt, pepper</p> <p>MAIN DISH CHICKEN ALFREDO PASTA Chicken breast, penne pasta, heavy cream, Parmesan cheese, garlic, butter, parsley, salt, pepper</p>	<p>OPTION 1 RED MEAT</p> <p>STARTERS QUINOA SALAD Quinoa, cucumbers, cherry tomatoes, red onions, parsley, lemon juice, olive oil, salt, pepper</p> <p>MAIN DISH BEEF STROGANOFF WITH MASHED POTATOES Beef strips, mushrooms, onions, sour cream, mustard, mashed potatoes, butter, milk, salt, pepper</p>	<p>OPTION 1 FISH DAY</p> <p>STARTERS CUCUMBER SALAD Cucumbers, dill, yogurt, lemon juice, salt, pepper</p> <p>MAIN DISH FISH TACOS White fish fillets, taco shells, cabbage, lime, avocado, cilantro, sour cream, salt, pepper</p>	<p>OPTION 1 VEGETARIAN DAY</p> <p>STARTERS EGG SALAD Eggs, mayonnaise, mustard, celery, 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 RED MEAT Lamb, couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper</p>
<p>OPTION 2 VEGETARIAN</p> <p>STARTERS MINESTRONE SOUP Tomatoes, carrots, celery, onions, beans, pasta, vegetable broth, basil, salt, pepper</p> <p>MAIN DISH MARGHERITA PIZZA Pizza dough, tomatoes, mozzarella, basil, olive oil, salt</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS BEEF SALAD Beets, goat cheese, arugula, walnuts, olive oil, balsamic vinegar, salt, pepper</p> <p>MAIN DISH EGGPLANT PARMESAN Eggplant, mozzarella, Parmesan, marinara sauce, basil, 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 MUSHROOM RISOTTO Arborio rice, mushrooms, vegetable broth, Parmesan, garlic, onions, white wine, butter, olive oil, salt, pepper</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS HUMMUS WITH PITA BREAD Chickpeas, tahini, lemon juice, garlic, olive oil, salt, pita bread</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 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 DECEMBER 30TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OPTION 1 CHICKEN DAY</p> <p>STARTERS CARROT AND GINGER SOUP Carrots, ginger, onions, vegetable broth, salt, pepper</p> <p>MAIN DISH CHICKEN ALFREDO PASTA Chicken breast, penne pasta, heavy cream, Parmesan cheese, garlic, butter, parsley, salt, pepper</p>	<p>OPTION 1 RED MEAT</p> <p>STARTERS QUINOA SALAD Quinoa, cucumbers, cherry tomatoes, red onions, parsley, lemon juice, olive oil, salt, pepper</p> <p>MAIN DISH BEEF STROGANOFF WITH MASHED POTATOES Beef strips, mushrooms, onions, sour cream, mustard, mashed potatoes, butter, milk, salt, pepper</p>	<p>OPTION 1 FISH DAY</p> <p>STARTERS CUCUMBER SALAD Cucumbers, dill, yogurt, lemon juice, salt, pepper</p> <p>MAIN DISH FISH TACOS White fish fillets, taco shells, cabbage, lime, avocado, cilantro, sour cream, salt, pepper</p>	<p>OPTION 1 VEGETARIAN DAY</p> <p>STARTERS EGG SALAD Eggs, mayonnaise, mustard, celery, 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 RED MEAT Lamb, couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper</p>
<p>OPTION 2 VEGETARIAN</p> <p>STARTERS MINESTRONE SOUP Tomatoes, carrots, celery, onions, beans, pasta, vegetable broth, basil, salt, pepper</p> <p>MAIN DISH MARGHERITA PIZZA Pizza dough, tomatoes, mozzarella, basil, olive oil, salt</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS BEEF SALAD Beets, goat cheese, arugula, walnuts, olive oil, balsamic vinegar, salt, pepper</p> <p>MAIN DISH EGGPLANT PARMESAN Eggplant, mozzarella, Parmesan, marinara sauce, basil, 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 MUSHROOM RISOTTO Arborio rice, mushrooms, vegetable broth, Parmesan, garlic, onions, white wine, butter, olive oil, salt, pepper</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS HUMMUS WITH PITA BREAD Chickpeas, tahini, lemon juice, garlic, olive oil, salt, pita bread</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 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 JANUARY 6TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OPTION 1 CHICKEN DAY</p> <p>STARTERS CARROT AND GINGER SOUP Carrots, ginger, onions, vegetable broth, salt, pepper</p> <p>MAIN DISH CHICKEN ALFREDO PASTA Chicken breast, penne pasta, heavy cream, Parmesan cheese, garlic, butter, parsley, salt, pepper</p>	<p>OPTION 1 RED MEAT</p> <p>STARTERS QUINOA SALAD Quinoa, cucumbers, cherry tomatoes, red onions, parsley, lemon juice, olive oil, salt, pepper</p> <p>MAIN DISH BEEF STROGANOFF WITH MASHED POTATOES Beef strips, mushrooms, onions, sour cream, mustard, mashed potatoes, butter, milk, salt, pepper</p>	<p>OPTION 1 FISH DAY</p> <p>STARTERS CUCUMBER SALAD Cucumbers, dill, yogurt, lemon juice, salt, pepper</p> <p>MAIN DISH FISH TACOS White fish fillets, taco shells, cabbage, lime, avocado, cilantro, sour cream, 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 RED MEAT Lamb, couscous, carrots, zucchini, chickpeas, onions, olive oil, spices (cumin, coriander, turmeric), salt, pepper</p>
<p>OPTION 2 VEGETARIAN</p> <p>STARTERS MINESTRONE SOUP Tomatoes, carrots, celery, onions, beans, pasta, vegetable broth, basil, salt, pepper</p> <p>MAIN DISH MARGHERITA PIZZA Pizza dough, tomatoes, mozzarella, basil, olive oil, salt</p>	<p>OPTION 2 VEGETARIAN</p> <p>STARTERS BEEF SALAD Beets, goat cheese, arugula, walnuts, olive oil, balsamic vinegar, salt, pepper</p> <p>MAIN DISH EGGPLANT PARMESAN Eggplant, mozzarella, Parmesan, marinara sauce, basil, 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 MUSHROOM RISOTTO Arborio rice, mushrooms, vegetable broth, Parmesan, garlic, onions, white wine, butter, 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 GARDEN SALAD Lettuce, cucumbers, cherry tomatoes, red onions, 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>