

CANTEEN MENU

Students hot lunch menu; 46,00 MAD

From 28 novembre to 02 decembre			Indicative nutrituonal values			
			Protein	Fat (saturated)	Carbohydrate	Kcal
Monday	Starter 1	Carrot and Zucchini With Cucumber Sauce	6	3	35	191
	Starter 2	cucumber sticks with hummus dip	6	1	18	105
	Main dish 1	chicken spaghetti	42	15	32	431
	Main dish 2	Vegan spaghetti	4	1	18	97
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
	Tuesday	Starter 1	Moroccan zaalouk	2	3	16
Starter 2		Southern potato salad	6	1	18	105
Main dish 1		Fish balls with rice and vegetables	25	3	35	267
Main dish 2		Zucchini slice	12	1	28	169
Dessert 1		Selection from fruits variation	1	0	10	44
Dessert 2		Selection from yogurts variation	7	2	9	82
Wednesday		Starter 1	Chinese chicken orange salad	2	4	7
	Starter 2	Beetroot salad	2	1	9	51
	Main dish 1	Sesame chicken stir-fry	28	8	25	284
	Main dish 2	Moroccan chickpea stew	8	3	30	179
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
	Thursday	Starter 1	Italian salad	12	6	35
Starter 2		Lentil soup	30	3	50	347
Main dish 1		Bolognese penne	20	3	1	111
Main dish 2		Vegan wrap	2	0	14	64
Dessert 1		Selection from fruits variation	1	0	10	44
Dessert 2		Selection from yogurts variation	7	2	9	82
Friday		Starter 1	Lben	9	3	1
	Starter 2	Sweet potatos, lentil salad and cabbage	7	3	30	175
	Main dish 1	Couscous	24	10	30	306
	Main dish 2	Vegetables and mushroom stew	6	2	15	102
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82

From 05 to 09 decembre			Indicative nutritiounal values			
			Protein	Fat (saturated)	Carbohydrate	Kcal
Monday	Starter 1	Vegan cesar salad	9	11	27	243
	Starter 2	Green soupe	8	6	25	186
	Main dish 1	Chili con carne	33	12	39	396
	Main dish 2	Fall salad	9	8	16	172
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	
Tuesday	Starter 1	Classic Bruschetta	8	6	19	162
	Starter 2	Cucumber Sticks whit sour cream dip	13	13	14	225
	Main dish 1	Classic roast chicken and veggies	30	6	26	278
	Main dish 2	Vegan chili con carne	18	3	30	219
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	
Wednesday	Starter 1	Potato gratin stacks	11	8	20	196
	Starter 2	Black bean and corn salad	21	2	41	266
	Main dish 1	Spaghetts fish balls	23	11	30	311
	Main dish 2	Vegan classic macaroni	3	3	24	135
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	
Thursday	Starter 1	Spring green salad	11	6	19	174
	Starter 2	Quinoa salad	21	7	33	279
	Main dish 1	Creamy chicken	27	9	35	329
	Main dish 2	Vegan burritos	23	8	25	264
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	
Friday	Starter 1	Lben	9	3	1	67
	Starter 2	Baked sweet potato	11	4	26	184
	Main dish 1	Couscous	24	10	30	306
	Main dish 2	Vegan fried rice	5	15	33	287
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	

From 12 to 16 decembre			Indicative nutrituonal values			
			Protein	Fat (saturated)	Carbohydrate	Kcal
Monday	Starter 1	Asian coleslaw with rice vinegar dressing	4	10	18	178
	Starter 2	Gaspacho	4	17	20	249
	Main dish 1	Coconut curry chicken	17	23	41	439
	Main dish 2	Coconut curry rice and vegetables	5	10	5	130
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	
Tuesday	Starter 1	Vegetarien salad	25	18	30	382
	Starter 2	Nicoise salad	2	20	16	252
	Main dish 1	Beef taco pasta	35	34	61	690
	Main dish 2	Vegan taco pasta	12	15	45	363
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	
Wednesday	Starter 1	Macaroni salad with pastrami and eggs	4	9	27	205
	Starter 2	Spicy avocado	14	28	62	556
	Main dish 1	White fish skewer and veggies	6	14	41	314
	Main dish 2	Crispy buffalo cauliflower bites	6	41	5	413
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	
Thursday	Starter 1	Salad tomato mozzarella	13	17	5	225
	Starter 2	Vegan lentil soup	3	6	23	158
	Main dish 1	Morocan tagine chicken viggies	34	25	33	493
	Main dish 2	Zucchini fritters	9	3	20	143
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	
Friday	Starter 1	Lben	9	3	1	67
	Starter 2	Curry rice salad	3	13	15	189
	Main dish 1	Couscous	24	10	30	306
	Main dish 2	No-fry fried rice	8	4	22	156
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	