

CANTEEN MENU

Students hot lunch menu; 46,00 MAD

From 02 to 06 January			Indicative nutrituonal values			
			Protein	Fats	Carbs	Kcal
Monday	Starter 1	Red cabbage slaw Red cabbage, carrot, home made mayonnaise	3	13	2	137
	Starter 2	Zucchini soup Zucchini, potatoes, onions, dried thyme, rosemary and basil	6	9	23	197
	Main dish 1	Chicken penne Penne pasta, chicken breast, onions, peppers, tomatoes, oregano and basil, parmesan	25	16	35	384
	Main dish 2	Penne mushrooms Penne pasta, sliced mushrooms, olive oil and garlic	19	16	35	360
	Dessert 2	Selection from yogurts variation	7	2	9	82
Tuesday	Starter 1	Mexican beans salad Black beans, peppers, onions, olive oil and fresh cilantro	10	13	9	193
	Starter 2	Carrot sticks with hummus dip Carrot sticks, chickpeas, tahini, garlic, olive oil and cumin	11	15	7	207
	Main dish 1	Chili con carne Long-grain rice, ground beef, peppers, onions and tomatos	27	11	35	347
	Main dish 2	Vegetable biryani Long-grain rince, vegetables, olive oil and coriander	13	13	35	309
	Dessert 2	Selection from yogurts variation	7	2	9	82
Wednesday	Starter 1	Mediterranean pasta salad Penne pasta, cucumber, tomatoes, red onions, lemon-herb vinaigrette	4	6	24	166
	Starter 2	Beans soup White beans, onions, celery, garlic, herbes de provence	14	7	4	135
	Main dish 1	Creamy chicken Smashed potatoes, creamy minced chicken and vegetables	22	12	35	336
	Main dish 2	Douce wedges Sweet potato wedges, with guacamole dip	12	19	27	327
	Dessert 2	Selection from yogurts variation	7	2	9	82
Thursday	Starter 1	Creamy cucumber salad Cucumber, sour cream, aneth	6	18	2	194
	Starter 2	Orange with cinnamon Orange and cinnamon powder	2	2	2	32
	Main dish 1	Gambas wok Long-grain rice, gambas, peppers, mushrooms, onions, vegetables, oyster and soy sauce	28	18	35	414
	Main dish 2	Vegan fried rice Long-grain rice, eggs, vegetables, soy sauce and soy-bean germ	8	15	35	307
	Dessert 2	Selection from yogurts variation	7	2	9	82
Friday	Starter 1	Lben Butter milk	9	3	1	67
	Starter 2	Greek salad pasta Rotini or penne pasta, onions, pepper, tomatoes, cucumber, parsley and	7	3	30	175
	Main dish 1	Couscous Couscous, Chicken, onions, tomatoes, chickpeas, cabbage, carrots, zucchini, pumpkin	24	10	30	306
	Main dish 2	Veggies stir-fry Semolina, peppers, carrots, mushrooms, broccoli, green onions and sesame seeds	12	19	33	351
	Dessert 2	Selection from yogurts variation	7	2	9	82

From 09 to 13 January			Indicative nutritional values			
			Protein	Fats	Carbs	Kcal
Monday	Starter 1	Chopped salad Romaine lettuce, red cabbage, onions, celery, cherry tomatoes, chickpeas, vinaigrette	4	13	6	157
	Starter 2	Garlic sauteed mushrooms Mushrooms, thyme, garlic	13	11	3	163
	Main dish 1	Meatballs spaghetti Spaghetti, beef meatballs, tomatoes, basil, mozzarella cheese	25	15	35	375
	Main dish 2	Vegetarian meatballs spaghetti Spaghetti, vegetarian meatballs, tomatoes, basil	16	15	35	339
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	
Tuesday	Starter 1	Coleslaw Green cabbage, red cabbage, carrots, home made mayonnaise	4	10	2	114
	Starter 2	Gaspacho Tomatoes, red peppers, green peppers, cucumber and onions	2	12	6	140
	Main dish 1	Creamy chicken curry Long-grain rice, sliced chicken breast, vegetables, creamy curry sauce	26	13	35	361
	Main dish 2	Creamy vegetarian curry Long-grain rice, chickpeas, vegetables, creamy curry sauce	11	10	35	274
	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 Macaroni, red pepper, onions, celery, hard boiled eggs, home made mayonnaise	8	9	27	221
	Starter 2	Spicy avocado Avocado, onions, red peppers, cilantro, lime juice and chili	2	28	2	268
	Main dish 1	Fish and veggies Smashed potatoes, , grilled white fish fillet and vegetables	24	14	35	362
	Main dish 2	Crispy cauliflower Smashed potatoes, baked cauliflower, olive oil and fresh cilantro, vegetables	9	7	35	239
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	
Thursday	Starter 1	Moroccan salad Tomatoes, onions, green pepper, vinaigrette	1	9	1	89
	Starter 2	Lentil soup Lentil, tomatoes, carrots, onions	3	6	23	158
	Main dish 1	Chicken tagine Chicken, potatoes, onions, olives, whole wheat bread	28	12	35	360
	Main dish 2	Zucchini fritters Zucchini, scallions, eggs, olive oil	9	13	6	177
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	
Friday	Starter 1	Lben Butter milk	9	3	1	67
	Starter 2	Salad tomato mozzarella Tomatoes, mozzarella, olive oil and basil	3	13	15	189
	Main dish 1	COUSCOUS Couscous, beef chuck, onions, tomatoes, chickpeas, cabbage, carrots, zucchini, pumpkin	24	10	30	306
	Main dish 2	Veggies stir-fry Semolina, peppers, carrots, mushrooms, broccoli, green onions and sesame seeds	8	4	22	156
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	

From 16 to 20 january			Indicative nutrituonal values			
			Protein	Fats	Carbs	Kcal
Monday	Starter 1	Vegetarien salad Avocado, tomatoes, onions, peppers, cucumbers, vinaigrette	9	18	30	318
	Starter 2	Nicoise salad Tuna, eggs, potatoes, tomatoes, onions, olives, nicoise vinaigrette	16	13	24	277
	Main dish 1	Beef taco pasta Penne pasta, ground beef, tomatoes, onions, garlic and olive oil	28	18	35	414
	Main dish 2	Vegan taco pasta Penne pasta, mushrooms, vegetables,, tomatoes, onions, garlic and olive oil	12	15	35	323
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	
Tuesday	Starter 1	Russian salad Potatoes, carrots, eggs, olives, peas, parsley, home made mayonnaise	6	13	35	281
	Starter 2	Fresh vegetable salad Cucumber, cherry tomatoes, red pepper, celery, onions, parsley, vinaigrette	5	16	4	180
	Main dish 1	Chicken sandwich Pain a l'ancienne, chicken breast, tomatoes, onions, aioli sauce	24	16	38	392
	Main dish 2	Roasted portobello mushrooms Mushrooms, olive oil, garlic, parsley	8	9	2	121
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	
Wednesday	Starter 1	Orange cinnamon salad Orange, cinnamon, mint	2	2	2	34
	Starter 2	Pumpkin soup Pumpkin, onions and garlic	13	10	21	226
	Main dish 1	spanish tortilla Potatoes, eggs, onion, pea, olive oil	21	18	33	378
	Main dish 2	Potato curry Potatoes, tomatoes, cilantro, curry	14	16	30	320
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	
Thursday	Starter 1	Avocado cucumber tomato salad Avocado, grape tomatoes, cucumber, cilantro, vinaigrette	3	21	2	209
	Starter 2	tomato and oignon salad Cherry tomatoes, onions, coriander	2	13	2	133
	Main dish 1	Fish skewers Smashed potatoes, white fish, red and green pepper, zucchini, tomatoes	26	15	35	379
	Main dish 2	Veggies fried rice Long-grain rice, eggs, zucchini, carrots, peas, soybean germ and soy sauce	5	19	35	331
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	
Friday	Starter 1	Lben Butter milk	9	3	1	67
	Starter 2	Moroccan carrot salad Carrots, lemon juice, olive oil and cilantro	2	4	19	120
	Main dish 1	COUSCOUS Couscous, chicken, onions, tomatoes, chickpeas, cabbage, carrots, zucchini, pumpkin	24	10	30	306
	Main dish 2	Vegatarian Tabbouleh Semolina, cucumber, tomatoes, red pepper, onions, parsley and mint	6	8	37	244
	Dessert 1	Selection from fruits variation	1	0	10	44
Dessert 2	Selection from yogurts variation	7	2	9	82	

From 23 to 27 january			Indicative nutrituonal values			
			Protein	Fats	Carbs	Kcal
Monday	Starter 1	Cucumber vinegar salad Cucumbers, onion, fresh dill and vinaigrette	4	13	6	157
	Starter 2	Cabbage salad Green cabbage, fresh parsley, honey-lemon dressing	3	9	7	121
	Main dish 1	Chicken spaghettis Spaghettis, chicken breast, onions, peppers, tomatoes, oregano, parmesan cheese	22	14	32	342
	Main dish 2	Mushrooms spaghettis Spaghettis, sliced mushrooms, olive oil and garlic	12	14	32	302
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
Tuesday	Starter 1	Cherry tomato salad Red onion, cherry tomatoes, besil, and parsley	1	10	2	102
	Starter 2	Roasted pepper salad Red bell peppers, orange bell peppers, yellow bell peppers, carrots, onions, dill	11	13	6	185
	Main dish 1	Fishballs Smashed potatoes, fishballs and vegetables	26	13	34	357
	Main dish 2	Douce wedges Sweet potato wedges, with guacamole dip	12	19	27	327
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
Wednesday	Starter 1	Fennel salad Fennel, cucumber, apple, radish, vinaigrette	2	9	2	97
	Starter 2	Cucumber sticks with hummus dip Cucumber sticks, chickpeas, tahini, garlic, olive oil and cumin	7	15	2	171
	Main dish 1	Red meat tagine Beef chuck, zucchini, onions, whole wheat bread	16	20	30	364
	Main dish 2	Zucchini fritters Zucchini, scallions, eggs, olive oil	4	16	5	180
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
Thursday	Starter 1	Romaine salad Romaine salad, onions, tomatoes, olives, vinaigrette	6	13	4	157
	Starter 2	Greek salad Tomatoes, cucumbers, onions, olives, crumbled feta cheese, oregano and olive oil	11	10	4	150
	Main dish 1	Chicken meat balls Long-grain rice, baked chicken meatballs, marinara sauce	25	12	36	352
	Main dish 2	vegan -meatballs- Long-grain rice, baked vegetarian meatballs, marinara sauce	16	12	36	316
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
Friday	Starter 1	Lben Butter milk	9	3	1	67
	Starter 2	White beans and veggies salad Lettuce, cucumbers, zucchini, tomatoes, white beans, vinaigrette	2	4	19	120
	Main dish 1	COUSCOUS Couscous, beef chuck, onions, tomatoes, chickpeas, cabbage, carrots, zucchini, pumpkin	24	10	30	306
	Main dish 2	Vegetarian stir-fry Semolina, peppers, zucchini, mushrooms, broccoli, green onions and sesame seeds	6	8	37	244
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82

SNACK BAR MENU

designation	indicative price
Egg and cheese croissant	20.00 MAD
Pain au chocolat	10.00 MAD
Croissant nature	10.00 MAD
Pancakes	20.00 MAD
Breakfast burrito	35.00 MAD
Hot dog	30.00 MAD
Chicken wrap	40.00 MAD
Parisian sandwich	50.00 MAD
Shrimp/chicken tacos	50.00 MAD
SALMON BAGEŁ	60.00 MAD
SALMON/SHRIMP/CHICKEN POKE BOWL	60.00 MAD
Sushi 6pcs	50.00 MAD
Energy balls	20.00 MAD
Fruit	10.00 MAD
Pop corn	10.00 MAD
Gommes / Fruit sticks NATURE ADDICTS	20.00 MAD
Chips INESSENCE / CRISP'PEAS	25.00 MAD
Green juice	20.00 MAD
Slushy juice	20.00 MAD
Orange juice	20.00 MAD
Ice tea	20.00 MAD