

CANTEEN MENU

From 31 october to 04 november			Indicative nutrituonal values			
			Protein	Fat (saturated)	Carbohydrate	Kcal
Monday	Starter 1	Vegetarian ceviche salad	11	12	21	236
	Starter 2	Pumpkin soup	8	7	28	207
	Main dish 1	Baked fish and chips	29	8	33	320
	Main dish 2	Vegan ratatouille	4	9	16	161
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
Tuesday	Starter 1	Fattouche	5	6	19	150
	Starter 2	Cucumber sticks with tzatziki dip	13	19	9	259
	Main dish 1	Ground chicken	30	11	39	375
	Main dish 2	Vegan lentil meatballs	22	9	30	289
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
Wednesday	Starter 1	Moroccan beetroot salad yogurt dressing	8	13	33	281
	Starter 2	Stuffed mushrooms	21	11	5	203
	Main dish 1	Moroccan red meat tagine	60	11	30	459
	Main dish 2	Roasted cauliflower	19	9	10	197
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
Thursday	Starter 1	Mediterranean chickpea salad	24	6	30	270
	Starter 2	moroccan tektouka	10	2	30	178
	Main dish 1	Hummus chicken wrap	20	3	35	247
	Main dish 2	Wrap vegan	15	2	25	178
	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	Nicoise salad	25	4	35	276
	Main dish 1	Couscous	24	10	30	306
	Main dish 2	Basmati rice and veggies with sesame oil	5	1	30	149
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82

From 07 to 11 november			Indicative nutrituonal values			
			Protein	Fat (saturated)	Carbohydrate	Kcal
Monday	Starter 1	Mexican azukis and corn salad	18	13	35	329
	Starter 2	Carrot sticks with hummus dip	11	4	18	152
	Main dish 1	Chili con carne	42	11	44	443
	Main dish 2	Vegetable biryani	13	8	18	196
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
Tuesday	Starter 1	Red cabbage slaw	2	18	9	206
	Starter 2	Veggie soup	6	4	30	180
	Main dish 1	Chicken penne	25	7	35	303
	Main dish 2	Penne mushrooms	19	7	39	295
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
Wednesday	Starter 1	Cucumber salad with aneth and sour cream	2	22	7	234
	Starter 2	Orange with cinnamon	2	1	24	111
	Main dish 1	Gambas wok	28	8	25	284
	Main dish 2	Vegan fried rice	8	3	44	235
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
Thursday	Starter 1	Mediterranean pasta salad	12	6	35	242
	Starter 2	Beans soup	30	3	44	323
	Main dish 1	Minced chicken with vegetables	33	12	30	360
	Main dish 2	Douce wedges	8	13	44	325
	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	Greek salad pasta	7	3	30	175
	Main dish 1	Couscous	24	10	30	306
	Main dish 2	Veggies stir-fry	12	19	33	351
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82

From 14 to 18 november			Indicative nutrituonal values			
			Protein	Fat (saturated)	Carbohydrate	Kcal
Monday	Starter 1	Beet salad w. shredded cheese balsamiq	6	13	42	309
	Starter 2	roasted chickpea snack	14	9	32	265
	Main dish 1	indian butter chicken	31	16	43	440
	Main dish 2	Roasted portobello mushrooms	22	2	10	146
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
Tuesday	Starter 1	Potato salad with eggs and peas	11	15	34	315
	Starter 2	moroccan salad	6	7	6	111
	Main dish 1	Fish balls with smashed potatoes	26	16	33	380
	Main dish 2	Vegan quinoa salad	15	7	35	263
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
Wednesday	Starter 1	Carrot and orange salad	5	6	31	198
	Starter 2	asian soup	4	2	6	58
	Main dish 1	spanish tortilla	21	15	38	371
	Main dish 2	Sweet potatoes and guacamole	17	36	30	512
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
Thursday	Starter 1	Tossed salad	4	13	6	157
	Starter 2	corn tortilla chips and hummus	13	9	27	241
	Main dish 1	Spaghettis meat balls	24	10	38	338
	Main dish 2	Spaghettis and vegan -meatballs-	13	16	36	340
	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	carrot soup	2	4	19	120
	Main dish 1	Couscous	24	10	30	306
	Main dish 2	vegan tabboule	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 21 to 25 november			Indicative nutrituonal values			
			Protein	Fat (saturated)	Carbohydrate	Kcal
Monday	Starter 1	Cesar salad	21	14	19	286
	Starter 2	waldorf salad	2	18	16	234
	Main dish 1	Sea spaghettis	31	24	41	504
	Main dish 2	Vegan pesto pasta	12	15	38	335
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82
Tuesday	Starter 1	Asian coleslaw with rice vinegar dressing	4	10	14	162
	Starter 2	gaspacho	4	13	20	213
	Main dish 1	Chicken wok	23	19	41	427
	Main dish 2	Roasted eggplant	5	10	5	130
	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	21	9	27	273
	Starter 2	spicy avocado	14	28	12	356
	Main dish 1	Hot dog	14	14	33	314
	Main dish 2	Vegetable paella	9	12	41	308
	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	24	5	288
	Starter 2	roasted veggie chips	7	6	23	174
	Main dish 1	Chicken meatballs and mash potatoes	29	19	33	419
	Main dish 2	Vegan lentil soup	21	6	20	218
	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	moroccan chermoula carrots	3	13	29	245
	Main dish 1	Couscous	24	10	30	306
	Main dish 2	vegan tagliatelle	8	4	22	156
	Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	vegan raviolis	7	2	9	82

SNACK BAR MENU

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