



CANTEEN MENU

From 22 to 26 august			Indicative nutritional values				From 29 august to 02 september			Indicative nutritional values			
			Protein	Fat (saturated)	Carbohydrate	Kcal				Protein	Fat (saturated)	Carbohydrate	Kcal
Monday	Starter 1	Mexican azukis and corn salad	18	13	35	329	Monday	Starter 1	Vegetarian ceviche salad	11	12	21	236
	Starter 2	Carrot sticks with hummus dip	11	4	18	152		Starter 2	Pumpkin soup	8	7	28	207
	Main dish 1	Chili con carne	42	11	44	443		Main dish 1	Baked fish and chips	29	8	33	320
	Main dish 2	Vegetable biryani	13	8	18	196		Main dish 2	Vegan ratatouille	4	9	16	161
	Dessert 1	Selection from fruits variation	1	0	10	44		Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82		Dessert 2	Selection from yogurts variation	7	2	9	82
Tuesday	Starter 1	Red cabbage slaw	2	18	9	206	Tuesday	Starter 1	Fattouche	5	6	19	150
	Starter 2	Veggie soup	6	4	30	180		Starter 2	Cucumber sticks with tzatziki dip	13	19	9	259
	Main dish 1	Chicken penne	25	7	35	303		Main dish 1	Ground chicken	30	11	39	375
	Main dish 2	Penne mushrooms	19	7	39	295		Main dish 2	Vegan lentil meatballs	22	9	30	289
	Dessert 1	Selection from fruits variation	1	0	10	44		Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82		Dessert 2	Selection from yogurts variation	7	2	9	82
Wednesday	Starter 1	Cucumber salad with aneth and sour cream	2	22	7	234	Wednesday	Starter 1	Moroccan beetroot salad yogurt dressing	8	13	33	281
	Starter 2	Orange with cinnamon	2	1	24	111		Starter 2	Stuffed mushrooms	21	11	5	203
	Main dish 1	Gambas wok	28	8	25	284		Main dish 1	Moroccan red meat tagine	60	11	30	459
	Main dish 2	Vegan fried rice	8	3	44	235		Main dish 2	Roasted cauliflower	19	9	10	197
	Dessert 1	Selection from fruits variation	1	0	10	44		Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82		Dessert 2	Selection from yogurts variation	7	2	9	82
Thursday	Starter 1	Mediterranean pasta salad	12	6	35	242	Thursday	Starter 1	Mediterranean chickpea salad	24	6	30	270
	Starter 2	Beans soup	30	3	44	323		Starter 2	moroccan tektouka	10	2	30	178
	Main dish 1	Minced chicken with vegetables	33	12	30	360		Main dish 1	Hummus chicken wrap	20	3	35	247
	Main dish 2	Douce wedges	8	13	44	325		Main dish 2	Wrap vegan	15	2	25	178
	Dessert 1	Selection from fruits variation	1	0	10	44		Dessert 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82		Dessert 2	Selection from yogurts variation	7	2	9	82
Friday	Starter 1	Lben	9	3	1	67	Friday	Starter 1	Lben	9	3	1	67
	Starter 2	Greek salad pasta	7	3	30	175		Starter 2	Nicoise salad	25	4	35	276
	Main dish 1	Couscous	24	10	30	306		Main dish 1	Couscous	24	10	30	306
	Main dish 2	Veggies stir-fry	12	19	33	351		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 1	Selection from fruits variation	1	0	10	44
	Dessert 2	Selection from yogurts variation	7	2	9	82		Dessert 2	Selection from yogurts variation	7	2	9	82

From 05 to 09 september			Indicative nutritional values			
			Protein	Fat (saturated)	Carbohydrate	Kcal
Monday	Starter 1	Beet salad w. shredded cheese balsamique vina	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 12 to 16 september			Indicative nutritional 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 mozarella	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

From 19 to 23 september			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	One-Pot 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	99
	Starter 2	southern potato salad	6	1	18	105
	Main dish 1	Tuna salad sandwich with baked potato sticks	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	72
	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	242
	Starter 2	lentil soup	30	3	50	347
	Main dish 1	lemon pepper baked chicken	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	67
	Starter 2	SWEET POTATO, CABBAGE AND LENTIL SALAD	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 26 to 30 september			Indicative nutrituonal 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	spaghettis 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	B'Healthy 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

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 wrap	35.00 MAD
Energy balls	20.00 MAD
Fruit	10.00 MAD
Pop corn	10.00 MAD
Green juice	20.00 MAD
Slushy juice	20.00 MAD
Orange juice	20.00 MAD
Ice tea	20.00 MAD
Hot dog	30.00 MAD
Chicken wrap	40.00 MAD
Shrimp/chicken tacos	50.00 MAD
Gommes ti fruit NATURE ADDICTS	25.00 MAD
Fruit sticks NATURE ADDICTS	20.00 MAD
Chips INESSENCE	25.00 MAD
Chips CRISP'PEAS	20.00 MAD
Chocolat FERRERO ROCHER	8.00 MAD