



4th quarter menu

Monday	
Soup	Green Bean Soup
Main Dish	Bolognaise
Secondary Dish	Seafood sticks w/ Pink Sauce
Vegetarian Dish	Spinach & Cottage Cheese Lasagna
Side Dish	Dark Rice
Vegetables	Stewed Peas
Dessert	Fruit

Tuesday	
Soup	Vegetables Soup
Main Dish	Salmon Burguer
Secondary Dish	Carbonara
Vegetarian Dish	Vegetarian "Meatballs"
Side Dish	Wholemeal Pasta
Vegetables	Broccoli
Dessert	Banana and Strawberry Mousse

Wednesday	
Soup	Carrot Soup w/ Coriander
Main Dish	Turkey Roll
Secondary Dish	Hake
Vegetarian Dish	Oatmeal w/ Roast Vegetables & Eggs
Side Dish	Roast Potatoes
Vegetables	Zucchini
Dessert	Fruit

Thursday	
Soup	White Bean Soup
Main Dish	Pizza w/ Tuna & Egg
Secondary Dish	Turkey Steak w/ Mustard
Vegetarian Dish	Vegetarian Cassoulet
Side Dish	White Rice
Vegetables	Boiled Beetroot
Dessert	Fruit

Friday	
Soup	Pumpkin Soup
Main Dish	Brazilian Rumpsteak
Secondary Dish	Green Salsa Hake
Vegetarian Dish	Vegetarian Enchilada
Side Dish	Noisette Potatoes
Vegetables	Roasted pumpkin
Dessert	Fruit

Monday	
Soup	Carrot Soup w/ Coriander
Main Dish	Veal Hamburger
Secondary Dish	Penne w/ Salmon Strogonoff
Vegetarian Dish	Czech Fuzilli (Fuzilli w/ Mozzarella Cheese & Basil)
Side Dish	Wholemeal Pasta
Vegetables	Mediterranean Mix
Dessert	Fruit

Tuesday	
Soup	Chicken Soup w/ Noodles
Main Dish	Fish Fingers
Secondary Dish	Turkey Steak w/Cream
Vegetarian Dish	Vegetarian Burger
Side Dish	Carrot Rice
Vegetables	Romaine Vegetables
Dessert	Fruit

Wednesday	
Soup	Red Bean Soup
Main Dish	Duck Rice
Secondary Dish	Codfish Patties
Vegetarian Dish	Quinoa Salad w/Roast Pumpkin
Side Dish	Peas Rice
Vegetables	Cauliflower
Dessert	Fruit

Thursday	
Soup	Watercress Soup
Main Dish	Tuna Rice
Secondary Dish	Stewed Lamb
Vegetarian Dish	Pizza Margherita
Side Dish	Roast Potatoes
Vegetables	Green Beans
Dessert	Fruit

Friday	
Soup	HOLIDAY - LABOR DAY
Main Dish	
Secondary Dish	
Vegetarian Dish	
Side Dish	
Vegetables	
Dessert	

Monday	
Soup	Spinach Soup
Main Dish	Penne w/ Chicken & Basil
Secondary Dish	Hake w/ Italian Sauce
Vegetarian Dish	Vegetarian Moussaka
Side Dish	Boiled Potatoes
Vegetables	Carrot & Peas
Dessert	Fruit

Tuesday	
Soup	Chickpea Soup
Main Dish	Fish Fingers
Secondary Dish	Beef Steak
Vegetarian Dish	Tofu w/ Corn Bread and Coriander
Side Dish	Tomato and Coriander Rice
Vegetables	Spinach Purée
Dessert	Fruit

Wednesday	
Soup	Pumpkin Soup
Main Dish	Bolognaise
Secondary Dish	Codfish w/ Cream
Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchi
Side Dish	Included
Vegetables	Greek Vegetables
Dessert	Fruit

Thursday	
Soup	Broccoli Soup
Main Dish	Noodles w/ Fish
Secondary Dish	Pizza W/ Turkey Ham and Mushrooms
Vegetarian Dish	Chickpeas w/ Pumpkin Curry
Side Dish	White Rice
Vegetables	chinese vegetables
Dessert	Fruit

Friday	
Soup	Cauliflower & Coriander Soup
Main Dish	Chicken Lasagna
Secondary Dish	Fuzilli w/ Hake Bolognaise
Vegetarian Dish	Mexican Bowl w/ Seitan
Side Dish	Included
Vegetables	Carrot Purée
Dessert	Fruit

Monday	
Soup	Green Bean Soup
Main Dish	Bolognaise
Secondary Dish	Seafood sticks w/ Pink Sauce
Vegetarian Dish	Spinach & Cottage Cheese Lasagna
Side Dish	Dark Rice
Vegetables	Stewed Peas
Dessert	Fruit

Tuesday	
Soup	Vegetables Soup
Main Dish	Salmon Burguer
Secondary Dish	Carbonara
Vegetarian Dish	Vegetarian "Meatballs"
Side Dish	Wholemeal Pasta
Vegetables	Broccoli
Dessert	Banana and Strawberry Mousse

Wednesday	
Soup	Carrot Soup w/ Coriander
Main Dish	Turkey Roll
Secondary Dish	Hake
Vegetarian Dish	Oatmeal w/ Roast Vegetables & Eggs
Side Dish	Roast Potatoes
Vegetables	Zucchini
Dessert	Fruit

Thursday	
Soup	White Bean Soup
Main Dish	Pizza w/ Tuna & Egg
Secondary Dish	Turkey Steak w/ Mustard
Vegetarian Dish	Vegetarian Cassoulet
Side Dish	White Rice
Vegetables	Boiled Beetroot
Dessert	Fruit

Friday	
Soup	Pumpkin Soup
Main Dish	Brazilian Rumpsteak
Secondary Dish	Green Salsa Hake
Vegetarian Dish	Vegetarian Enchilada
Side Dish	Noisette Potatoes
Vegetables	Roasted pumpkin
Dessert	Fruit

Monday	
Soup	Carrot Soup w/ Coriander
Main Dish	Veal Hamburger
Secondary Dish	Penne w/ Salmon Strogonoff
Vegetarian Dish	Czech Fuzilli (Fuzilli w/ Mozzarella Cheese & Basil)
Side Dish	Wholemeal Pasta
Vegetables	Mediterranean Mix
Dessert	Fruit

Tuesday	
Soup	Chicken Soup w/ Noodles
Main Dish	Fish Fingers
Secondary Dish	Turkey Steak w/Cream
Vegetarian Dish	Vegetarian Burger
Side Dish	Carrot Rice
Vegetables	Romaine Vegetables
Dessert	Fruit

Wednesday	
Soup	Red Bean Soup
Main Dish	Duck Rice
Secondary Dish	Codfish Patties
Vegetarian Dish	Quinoa Salad w/Roast Pumpkin
Side Dish	Peas Rice
Vegetables	Cauliflower
Dessert	Fruit

Thursday	
Soup	Watercress Soup
Main Dish	Tuna Rice
Secondary Dish	Stewed Lamb
Vegetarian Dish	Pizza Margherita
Side Dish	Roast Potatoes
Vegetables	Green Beans
Dessert	Fruit

Friday	
Soup	Zucchini Soup
Main Dish	Chicken Stew
Secondary Dish	Fish Lasagna
Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)
Side Dish	White Rice
Vegetables	Roasted Carrot
Dessert	Mango Mousse

Monday		
25/may	Soup	Spinach Soup
	Main Dish	Penne w/ Chicken & Basil
	Secondary Dish	Hake w/ Italian Sauce
	Vegetarian Dish	Vegetarian Moussaka
	Side Dish	Boiled Potatoes
	Vegetables	Carrot & Peas
	Dessert	Fruit

Tuesday		
26/may	Soup	Chickpea Soup
	Main Dish	Fish Fingers
	Secondary Dish	Beef Steak
	Vegetarian Dish	Tofu w/ Corn Bread and Coriander
	Side Dish	Tomato and Coriander Rice
	Vegetables	Spinach Purée
	Dessert	Fruit

Wednesday		
27/may	Soup	HALF DAY
	Main Dish	
	Secondary Dish	
	Vegetarian Dish	
	Side Dish	
	Vegetables	
	Dessert	

Thursday		
28/may	Soup	Broccoli Soup
	Main Dish	Noodles w/ Fish
	Secondary Dish	Pizza W/ Turkey Ham and Mushrooms
	Vegetarian Dish	Chickpeas w/ Pumpkin Curry
	Side Dish	White Rice
	Vegetables	chinese vegetables
	Dessert	Fruit

Friday		
29/may	Soup	Cauliflower & Coriander Soup
	Main Dish	Chicken Lasagna
	Secondary Dish	Fuzilli w/ Hake Bolognaise
	Vegetarian Dish	Mexican Bowl w/ Seitan
	Side Dish	Included
	Vegetables	Carrot Purée
	Dessert	Fruit

Monday		
01/jun	Soup	Green Bean Soup
	Main Dish	Bolognaise
	Secondary Dish	Seafood sticks w/ Pink Sauce
	Vegetarian Dish	Spinach & Cottage Cheese Lasagna
	Side Dish	Dark Rice
	Vegetables	Stewed Peas
	Dessert	Fruit

Tuesday		
02/jun	Soup	Vegetables Soup
	Main Dish	Salmon Burguer
	Secondary Dish	Carbonara
	Vegetarian Dish	Vegetarian "Meatballs"
	Side Dish	Wholemeal Pasta
	Vegetables	Broccoli
	Dessert	Banana and Strawberry Mousse

Wednesday		
03/jun	Soup	Carrot Soup w/ Coriander
	Main Dish	Turkey Roll
	Secondary Dish	Hake
	Vegetarian Dish	Oatmeal w/ Roast Vegetables & Eggs
	Side Dish	Roast Potatoes
	Vegetables	Zucchini
	Dessert	Fruit

Thursday		
04/jun	Soup	White Bean Soup
	Main Dish	Pizza w/ Tuna & Egg
	Secondary Dish	Turkey Steak w/ Mustard
	Vegetarian Dish	Vegetarian Cassoulet
	Side Dish	White Rice
	Vegetables	Boiled Beetroot
	Dessert	Fruit

Friday		
05/jun	Soup	Pumpkin Soup
	Main Dish	Brazilian Rumpsteak
	Secondary Dish	Green Salsa Hake
	Vegetarian Dish	Vegetarian Enchilada
	Side Dish	Noisette Potatoes
	Vegetables	Roasted pumpkin
	Dessert	Fruit

Monday		
08/jun	Soup	Carrot Soup w/ Coriander
	Main Dish	Veal Hamburger
	Secondary Dish	Penne w/ Salmon Strogonoff
	Vegetarian Dish	Czech Fuzilli (Fuzilli w/ Mozzarella Cheese & Basil)
	Side Dish	Wholemeal Pasta
	Vegetables	Mediterranean Mix
	Dessert	Fruit

Tuesday		
09/jun	Soup	Chicken Soup w/ Noodles
	Main Dish	Fish Fingers
	Secondary Dish	Turkey Steak w/Cream
	Vegetarian Dish	Vegetarian Burger
	Side Dish	Carrot Rice
	Vegetables	Romaine Vegetables
	Dessert	Fruit

Wednesday		
10/jun	Soup	HOLIDAY - PORTUGAL DAY
	Main Dish	
	Secondary Dish	
	Vegetarian Dish	
	Side Dish	
	Vegetables	
	Dessert	

Thursday		
11/jun	Soup	HOLIDAY - CORPUS CHRISTI DAY
	Main Dish	
	Secondary Dish	
	Vegetarian Dish	
	Side Dish	
	Vegetables	
	Dessert	

Friday		
12/jun	Soup	Zucchini Soup
	Main Dish	Chicken Stew
	Secondary Dish	Fish Lasagna
	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)
	Side Dish	White Rice
	Vegetables	Roasted Carrot
	Dessert	Mango Mousse

Monday		
15/jun	Soup	Spinach Soup
	Main Dish	Penne w/ Chicken & Basil
	Secondary Dish	Hake w/ Italian Sauce
	Vegetarian Dish	Vegetarian Moussaka
	Side Dish	Boiled Potatoes
	Vegetables	Carrot & Peas
	Dessert	Fruit

Tuesday		
16/jun	Soup	Chickpea Soup
	Main Dish	Fish Fingers
	Secondary Dish	Beef Steak
	Vegetarian Dish	Tofu w/ Corn Bread and Coriander
	Side Dish	Tomato and Coriander Rice
	Vegetables	Spinach Purée
	Dessert	Fruit

Wednesday		
17/jun	Soup	Pumpkin Soup
	Main Dish	Bolognaise
	Secondary Dish	Codfish w/ Cream
	Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchis
	Side Dish	Included
	Vegetables	Greek Vegetables
	Dessert	Fruit

Thursday		
18/jun	Soup	Broccoli Soup
	Main Dish	Pizza W/ Turkey Ham and Mushrooms
	Secondary Dish	Sushi
	Vegetarian Dish	Chickpeas w/ Pumpkin Curry
	Side Dish	White Rice
	Vegetables	chinese vegetables
	Dessert	Fruit

Friday		
19/jun	Soup	SUMMER HOLIDAYS
	Main Dish	
	Secondary Dish	
	Vegetarian Dish	
	Side Dish	
	Vegetables	
	Dessert	