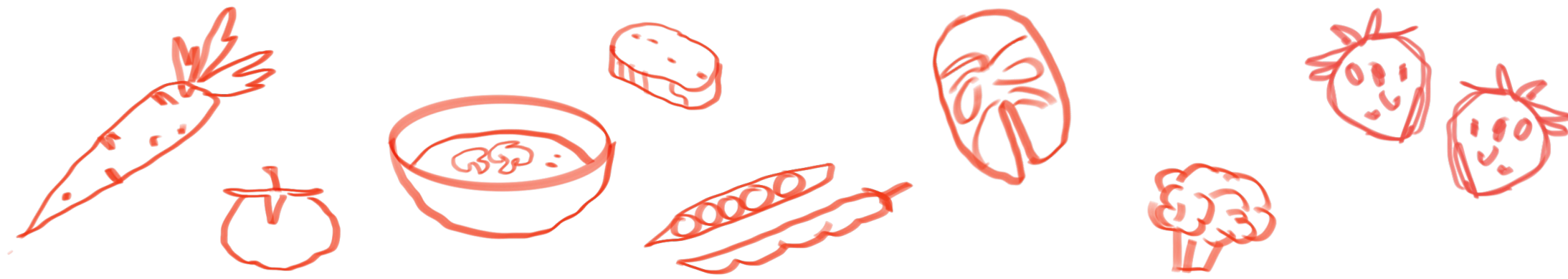


Weekly Lunch Menu

1/09 - 04/09



Lunch

Tuesday
01/09

First course:
Pennette pasta with meat ragu*

Second course:
Roasted chicken

Cooked side dish:
Courgettes

Afternoon snack:
Fresh fruit*

Morning snack:
Fruit juice + crackers*

Wednesday
02/09

First course:
Plain Rice

Second course:
Lomo saltado (beef with tomatoes and spices)

Cooked side dish:
Peppers

Afternoon snack:
Apple cake

Morning snack:
Fresh fruit*

International
Menù - Perù

Thursday
03/09

First course:
Cold Mediterranean-style fusilli pasta*

Second course:
Beef stew

Cooked side dish:
Spinach

Dessert:
Fresh fruit salad*

Morning snack:
Chocolate chip bread

Friday
04/09

First course:
Potet klub (potato gnocchi with butter and sage)

Second course:
Salmon fillet

Cooked side dish:
Carrots

Dessert:
Pudding

Morning snack:
Fresh fruit*

International
Menù - Norway

*organic

Weekly Lunch Menu

07/09 – 11/09



Lunch

Monday
07/09

- First course:**
Fusilli pasta with speck and peppers
- Second course:**
Turkey meat hamburger
- Cooked side dish:**
Courgettes
- Afternoon snack:**
Fresh fruit
- Morning snack:**
Fruit juice + Biscuits

Tuesday
08/09

- First course:**
Ricotta cheese and spinach-filled Tortelloni pasta with butter and sage.
- Second course:**
Roast beef
- Cooked side dish:**
Peas
- Afternoon snack:**
Cake
- Morning snack:**
Fresh fruit*

Wednesday
09/09

- First course:**
Lebanese-Style Rice
- Second course:**
Lebanese-Style Chicken
- Cooked side dish:**
Potatoes
- Afternoon snack:**
Fresh fruit*
- Morning snack:**
Pudding

International
Menù - Lebanon

Thursday
10/09

- First course:**
Mezze penne pasta with asparagus, ham and tomato sauce
- Second course:**
Roast turkey meat with aromatic herbs
- Cooked side dish:**
Mixed vegetables
- Afternoon snack:**
Fresh fruit salad*
- Morning snack:**
Sandwich with jam

Friday
11/09

- First course:**
Plain rice
Mushroom cream soup
- Second course:**
Prawns and vegetables with curry
- Cooked side dish:**
Broccoli
- Afternoon snack:**
Yogurt*
- Morning snack:**
Fresh fruit*

International
Menù - India

Weekly Lunch Menu

14/09 – 18/09



Lunch

Monday
14/09

- First course:**
Fusilli pasta
- Second course:**
Hard-boiled eggs
Beans
- Cooked side dish:**
Green beans
- Afternoon snack:**
Pudding
- Morning snack:**
Fresh fruit*

Tuesday
15/09

- First course:**
Pizza
- Second course:**
Ham
- Cooked side dish:**
Carrots
- Afternoon snack:**
Fruit salad*
- Morning snack:**
Pumpkin bread

Wednesday
16/09

- First course:**
Valencian paella
- Second course:**
Cod fillet
- Cooked side dish:**
Swiss chard
- Afternoon snack:**
Fresh fruit*
- Morning snack:**
Yogurt*

International
Menù - Spain

Thursday
17/09

- First course:**
Wholemeal fusilli pasta with
Genovese pesto
- Second course:**
Roast chicken
- Cooked side dish:**
Steamed zucchini
- Afternoon snack:**
Fresh fruit*
- Morning snack:** Fruit juice
+ crackers

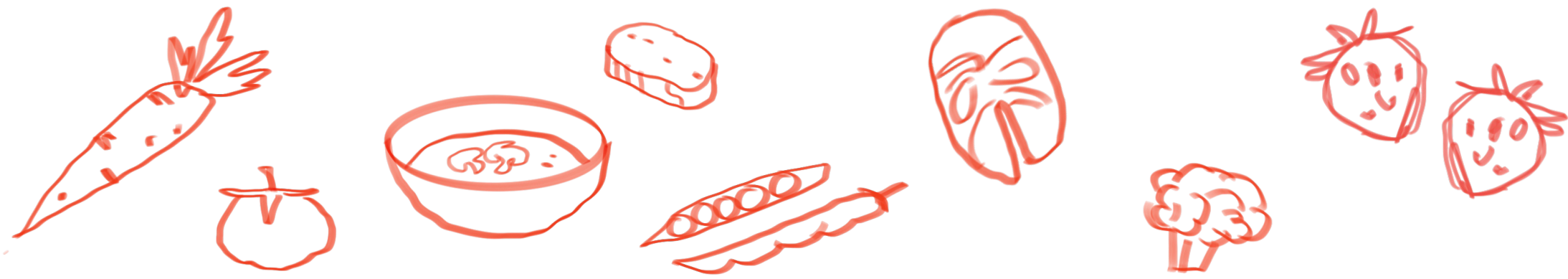
Friday
18/09

- First course:**
Cantonese rice
- Second course:**
Sweet and sour pork
- Cooked side dish:**
Potatoes
- Afternoon snack:**
Apricot tart
- Morning snack:**
Fresh fruit*

International
Menù - China

Weekly Lunch Menu

21/09 – 25/09



Lunch

Monday
21/09

- First course:**
Fusilli pasta with Aubergines
- Second course:**
Omelette
- Cooked side dish:**
Cauliflower
- Afternoon snack:**
Yogurt*
- Morning snack:**
Fresh fruit*

Tuesday
22/09

- First course:**
Pennette pasta with arugola
- Second course:**
Pork loin
- Cooked side dish:**
Peperonata
- Afternoon snack:**
Fresh fruit salad*
- Morning snack:**
Sandwich with hazelnut cream

Wednesday
23/09

- First course:**
Gnocchi Parisian style
- Second course:**
Chicken meat
- Cooked side dish:**
Broccoli
- Afternoon snack:**
Cake
- Morning snack:**
Fresh fruit*

International
Menù - France

Thursday
24/09

- First course:**
Mezze penne pasta with vegetable sauce
- Second course:**
Roast veal meat
- Cooked side dish:**
Spinach
- Afternoon snack:**
Fresh fruit*
- Morning snack:**
Fruit juice + biscuits

Friday
25/09

- First course:**
Barley salad with cherry tomatoes, feta cheese and olives
- Second course:**
Fried squid rings and tzatziki sauce
- Cooked side dish:**
Potatoes
- Afternoon snack:**
Fresh fruit*
- Morning snack:**
Pudding

International
Menù - Greece

Weekly Lunch Menu

28/09 – 02/10



Lunch

Monday
28/09

- First course:**
Fusilli pasta with courgettes and saffron cream
- Second course:**
Scrambled eggs with onion
Stewed lentils
- Cooked side dish:**
Green beans
- Afternoon snack:**
Fresh fruit*
- Morning snack:**
Fruit juice + crackers

Tuesday
29/09

- First course:**
Spaghetti pasta with carbonara sauce
- Second course:**
Turkey escalope
- Cooked side dish:**
Vegetable mix
- Afternoon snack:**
Fresh fruit*
- Morning snack:**
Yogurt*

Wednesday
30/09

- First course:**
Bulgur and quinoa
- Second course:**
Chicken, olive and pepper salad
- Cooked side dish:**
Cauliflower
- Afternoon snack:**
Lemon tart
- Morning snack:**
Fresh fruit*

International
Menù - Turkey

Thursday
01/10

- First course:**
Wholemeal fusilli pasta with white meat ragù
- Second course:**
Roast beef with arugula and parmesan cheese
- Cooked side dish:**
Carrots
- Afternoon snack:**
Fresh fruit salad
- Morning snack:**
Chocolate chip bread

Friday
02/10

- First course**
Plain rice
- Second course:**
Sesame tuna steak with mango, avocado and teriyaki sauce
- Cooked side dish:**
Aubergines
- Afternoon snack:**
Pudding
- Morning snack:**
Fresh fruit*

International
Menù - Hawaii