



Week n°1
October

SUNDAY 03.10

Starter	Buttery Sweet Corn
Main Protein	Chicken Burger
Main Vegetable	Black Bean Burger
Side Dish	Paprika Oven Fries
Dessert	Mini Muffin

MONDAY 04.10

Starter	Panzanella Salad
Main Protein	Spanish Style Baked Fish
Main Vegetable	Vegetable Loaf
Side Dish	Green Peas Couscous
Dessert	Bread Roll & Cheese

TUESDAY 05.10

Starter	Chickpea Hummus / Homemade Soup
Main Protein	Farmer's Beef Stew
Main Vegetable	Grilled Tofu in Tomato Sauce
Side Dish	White Rice
Dessert	Fruit Yogurt

WEDNESDAY 06.10

Starter	Beetroot with Olive Oil
Main Vegetable	Farfalle with Pesto
Main Vegetable	Pasta Bar <small>(only available for grande classe students)</small>
Side Dish	/
Dessert	Mixed Fruit Salad

THURSDAY 07.10

Starter	Spanish Tortilla
Main Protein	Seafood Paella
Main Vegetable	Vegetarian Paella
Side Dish	Rice
Dessert	Crema Catalana





Week n°2
October

SUNDAY 10.10

Starter	Edamame
Main Protein	Chicken Couscous
Main Vegetable	Moroccan Vegetarian Couscous
Side Dish	Couscous
Dessert	Mini Muffin

MONDAY 11.10

Starter	Tomato and Cucumber Salad
Main Protein	Crispy Fish with Light Tartar Sauce
Main Vegetable	Paneer Veggie Curry
Side Dish	Parsley Steamed Potato
Dessert	Bread Roll & Cheese

TUESDAY 12.10

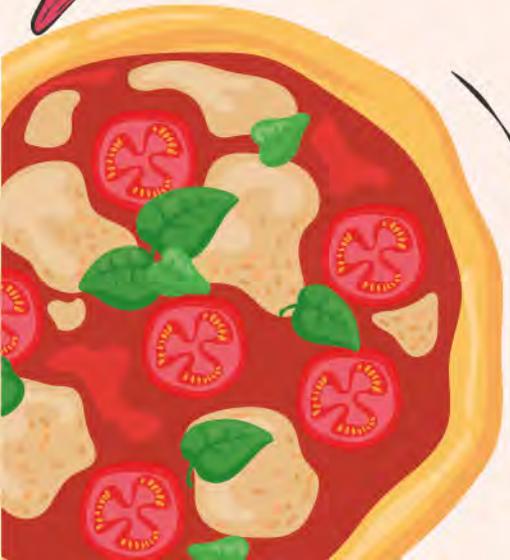
Starter	Mix Veggie Crudités / Homemade Soup
Main Protein	Beef Burger
Main Vegetable	Veggie Burger
Side Dish	Oven Fries
Dessert	Fruit Yogurt

WEDNESDAY 13.10

Starter	Green Peas with Salted Butter
Main Vegetable	Spaghetti with Vegetable Rague
Main Vegetable	Pasta Bar <small>(only available for grande classe students)</small>
Side Dish	/
Dessert	Mixed Fruit Salad

THURSDAY 14.10

Starter	Swiss Cheese with Baby Potatoes
Main Protein	Emincé de Poulet (chicken stew)
Main Vegetable	Swiss Zucchini Boats with Roast Potato
Side Dish	Tagliatelle Pasta
Dessert	Swiss Roll





Week n° 3
October

SUNDAY 17.10

Starter	Steamed Garden Vegetables
Main Protein	Chicken Blanquette
Main Vegetable	Vegetable Paella
Side Dish	Herb Rice
Dessert	Mini Muffin

MONDAY 18.10

Starter	Baby Spinach Salad
Main Protein	Honey Glazed Roasted Salmon
Main Vegetable	Honey Glazed Tofu
Side Dish	Seasonal Vegetables
Dessert	Bread Roll & Cheese

TUESDAY 19.10

Starter	Buttered Peas and Carrots / Homemade Soup
Main Protein	Beef Goulash
Main Vegetable	Vegetable Goulash
Side Dish	Mashed Potato
Dessert	Fruit Yogurt

WEDNESDAY 20.10

Starter	Steamed Broccoli with Olive Oil
Main Vegetable	Pumpkin Mac n Cheese
Main Vegetable	Pasta Bar <small>(only available for grande classe students)</small>
Side Dish	/
Dessert	Mixed Fruit Salad

THURSDAY 21.10

Starter	Mini Cheese Roll
Main Protein	Beef Kofta with Yogurt Sauce
Main Vegetable	Mix Vegetable Kofta with Yogurt Sauce
Side Dish	Baked Potato
Dessert	Turkish Sweets Balahasam





Week n° 4
October

SUNDAY 24.10

Starter	Roasted Courgette
Main Protein	Chicken and Mushroom Lasagne
Main Vegetable	Mix Veggie Lasagne
Side Dish	Pasta
Dessert	Mini Muffin

MONDAY 25.10

Starter	Crispy Cheese Triangle
Main Protein	Coconut Fish Curry (thai)
Main Vegetable	Chickpea Cococnut Curry
Side Dish	Jasmine Rice
Dessert	Bread Roll & Cheese

TUESDAY 26.10

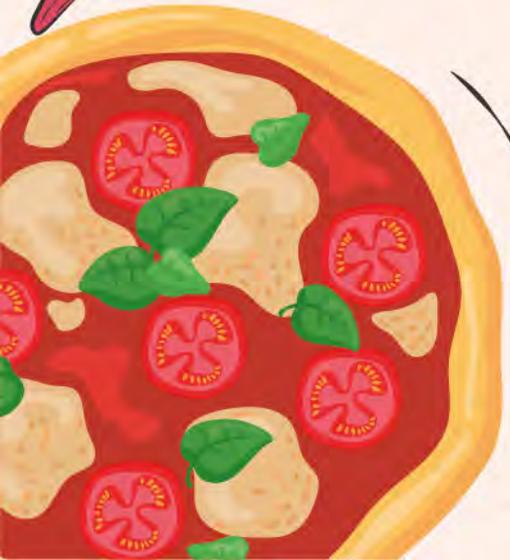
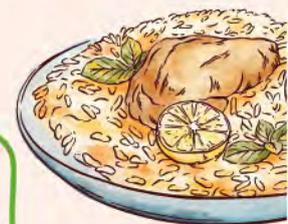
Starter	Sautéed Snow peas / Homemade Soup
Main Protein	Meat Balls in Tomato Sauce
Main Vegetable	Mix Vegetable Balls in Tomato Sauce
Side Dish	Mashed Potato
Dessert	Fruit Yogurt

WEDNESDAY 27.10

Starter	Roasted Pumpkin
Main Vegetable	Meat - free Bolognese Spaghetti
Main Vegetable	Pasta Bar <small>(only available for grande classe students)</small>
Side Dish	/
Dessert	Mixed Fruit Salad

THURSDAY 28.10

Starter	Corn on the Cob
Main Protein	'Open Face" Chicken Burrito
Main Vegetable	'Open Face" Veggie Burrito
Side Dish	Flour Tortilla and Bean Rice
Dessert	Tres Leches





Week n° 5
October

SUNDAY 31.10

Starter	Steamed Cauliflower
Main Protein	Butter Chicken
Main Vegetable	Tripple Bean Stew
Side Dish	Basmati Rice
Dessert	Mini Muffin

MONDAY 01.11

November
Menu

TUESDAY 02.11

November
Menu

WEDNESDAY 03.11

November
Menu

THURSDAY 04.11

November
Menu

