



Week n°1  
July

MONDAY 03.07

|                       |                                       |
|-----------------------|---------------------------------------|
| <b>Starter</b>        | Steamed Baby Carrots                  |
| <b>Main Protein</b>   | Chicken Snitzel with Homemade Ketchup |
| <b>Main Vegetable</b> | Lentil Vegetable Nuggets with Dip     |
| <b>Side Dish</b>      | Potato Wedges                         |
| <b>Dessert</b>        | Mini Muffin                           |



TUESDAY 05.07

|                       |                                    |
|-----------------------|------------------------------------|
| <b>Starter</b>        | Bell Pepper Sticks / Homemade Soup |
| <b>Main Protein</b>   | Lasagne Bolognese                  |
| <b>Main Vegetable</b> | Pumpkin Lasagne                    |
| <b>Side Dish</b>      | Pasta                              |
| <b>Dessert</b>        | Fruit Yogurt                       |

WEDNESDAY 06.07

|                       |   |
|-----------------------|---|
| <b>Starter</b>        | Steamed Cauliflower   |
| <b>Main Vegetable</b> | Veggie Stir Fry Egg Noodles   |
| <b>Main Vegetable</b> | Pasta Bar<br><small>(only available for grande classe students)</small> |
| <b>Side Dish</b>      | /   |
| <b>Dessert</b>        | Mixed Fruit Salad   |

THURSDAY 07.07

|                       |                              |
|-----------------------|------------------------------|
| <b>Starter</b>        | Papadum with Dal             |
| <b>Main Protein</b>   | Butter Chicken               |
| <b>Main Vegetable</b> | Paneer and Cauliflower Curry |
| <b>Side Dish</b>      | Basmati Rice                 |
| <b>Dessert</b>        | Gulab Jamun                  |

