

## WEEKLY LUNCH MENU

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### MONDAY

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- 🌱 Oven baked potatoes
- 🌱 Rice
- 🌱 Pickles
- Chicken bits in tomato sauce
- 🌱 Bell pepper with veggies and couscous
- Pastry
- 🌱 Fruit or nut bar

### TUESDAY

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- 🌱 Mashed potatoes
- 🌱 Rice
- Tomatoes
- Radish salad
- Chicken fillet
- Pork fry-up
- 🌱 Eggplant stew
- 🌱 Banana / Apple/ Pear

### WEDNESDAY

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- 🌱 Pasta
- 🌱 Sweet potatoes
- 🌱 Veggie mix
- 🌱 Spinach - veggie salad
- Chilli con carne
- 🌱 Gnocchi with tomato sauce
- Curd snack
- 🌱 Fruit or nut bar

### THURSDAY

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- 🌱 Quinoa
- 🌱 Bulgur
- 🌱 Beet salad
- Curry pasta with chicken
- Minced meat with sauce
- 🌱 Potato pancakes
- 🌱 Fruit selection

### FRIDAY

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- 🌱 Buckwheat
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  - Radish salad
  - Fish cutlet
  - Pork sausages
  - 🌱 Buritto
  - 🌱 Mango smoothie
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