



**HEALTHY & BALANCED LUNCH - APRIL 2021**

MIAM MIAM...

APRIL 2021

WEEK 1

	CHICKEN SUNDAY 4 <sup>th</sup> April, 2021	FISH MONDAY 5 <sup>th</sup> April, 2021	BEEF TUESDAY 6 <sup>th</sup> April, 2021	VEGGIE WEDNESDAY 7 <sup>th</sup> April, 2021	THURSDAY 8 <sup>th</sup> April, 2021
Starter	Green Beans	Panzanella Salad	Lettuce with Parmesan Dressing	Caramelized Carrots	
Main Course	Chicken Biryani	Poached Fish Fillet Cheese Broccoli Puree	Char Siu Beef with Gravy Wild Rice	Penne with Tomato Sauce and Parmesan	
Dessert	Fresh Fruit	Bread and Cheese	Yogurt with Homemade Compote	Fruit Salad	


**SCHOOL BREAK**



MIAM MIAM...

APRIL 2021

WEEK 2

	<div>CHICKEN</div> <div>SUNDAY</div> <div>11<sup>th</sup> April, 2021</div>	<div>FISH</div> <div>MONDAY</div> <div>12<sup>th</sup> April, 2021</div>	<div>BEEF</div> <div>TUESDAY</div> <div>13<sup>th</sup> April, 2021</div>	<div>VEGGIE</div> <div>WEDNESDAY</div> <div>14<sup>th</sup> April, 2021</div>	<div>            SWISS THURSDAY 15<sup>th</sup> April, 2021         </div>
<b>Starter</b>	Buttery Sweetcorn	Tabbouleh	Chickpea Hummus with Arabic Bread	Beetroot with Olive Oil	Raclette with Potato
<b>Main Course</b>	Grilled Chicken with Broccoli and Lemon Sauce Roast Potato	Fish Cake Green Peas Couscous	Beef Stroganoff White Rice	Farfalle with Pesto	Emince de Poulet Pasta
<b>Dessert</b>	Fresh Fruit	Bread and Cheese	Yogurt with Homemade Compote	Fruit Salad	Swiss Roll



MIAM MIAM...

APRIL 2021

WEEK 3



	CHICKEN SUNDAY 18 <sup>th</sup> April, 2021	FISH MONDAY 19 <sup>th</sup> April, 2021	BEEF TUESDAY 20 <sup>th</sup> April, 2021	VEGGIE WEDNESDAY 21 <sup>st</sup> April, 2021	UK THURSDAY 22 <sup>nd</sup> April, 2021
<b>Starter</b>	Edamame Beans	Tomato and Cucumber Salad	Mix Veggie Crudités	Green Peas with Salted Butter	Potato and Leek Soup
<b>Main Course</b>	Chicken Couscous	Fish Fingers Steamed Potato	Beef Burger Oven Fries	Ratatouille with Pasta	Battered Fish with Mushy Peas Oven Chips
<b>Dessert</b>	Fresh Fruit	Bread and Cheese	Yogurt with Homemade Compote	Fruit Salad	Sponge Cake with Lemon Custard



MIAM MIAM...

APRIL 2021

WEEK 4

	<div>CHICKEN</div> <div>SUNDAY</div> <div>25<sup>th</sup> April, 2021</div>	<div>FISH</div> <div>MONDAY</div> <div>26<sup>th</sup> April, 2021</div>	<div>BEEF</div> <div>TUESDAY</div> <div>27<sup>th</sup> April, 2021</div>	<div>VEGGIE</div> <div>WEDNESDAY</div> <div>28<sup>th</sup> April, 2021</div>	<div>FRANCE</div> <div>THURSDAY</div> <div>29<sup>th</sup> April, 2021</div>
<b>Starter</b>	Brussel Sprouts	Baby Spinach Salad	Celery Sticks	Steamed Broccoli with Olive Oil	Lentil Salad
<b>Main Course</b>	Chicken Blanquette Herb Rice	Roasted Salmon Seasonal Vegetables	Beef Goulash Mashed Potato	Pumpkin Mac N Cheese	Beef Bourguignon Mashed Potato
<b>Dessert</b>	Fresh Fruit	Bread and Cheese	Yogurt with Homemade Compote	Fruit Salad	Profiteroles







[www.swisscanonica.com](http://www.swisscanonica.com)  
[www.swisscanonica-suisse.com](http://www.swisscanonica-suisse.com)  
[www.swisscanonica-uae.com](http://www.swisscanonica-uae.com)  
[www.swisscanonica-usa.com](http://www.swisscanonica-usa.com)  
[www.swissever.com](http://www.swissever.com)  
[www.canonica.com](http://www.canonica.com)

