




HEALTHY & BALANCED LUNCH - MAY 2021

MIAM MIAM...

MAY 2021

WEEK 1

	<div>CHICKEN</div> <div>SUNDAY</div> <div>2nd May, 2021</div>	<div>FISH</div> <div>MONDAY</div> <div>3rd May, 2021</div>	<div>BEEF</div> <div>TUESDAY</div> <div>4th May, 2021</div>	<div>VEGGIE</div> <div>WEDNESDAY</div> <div>5th May, 2021</div>	<div>  TURKEY </div> <div>THURSDAY</div> <div>6th May, 2021</div>
Starter	Roasted Courgette	Eggplant Salad	Sauteed Snow Peas	Roasted Pumpkin	Mini Cheese Roll
Main Course	Chicken and Mushroom Lasagna	Coconut Fish Curry Jasmine Rice	Meatballs in Tomato Sauce Mashed Potato	Veggie Stir Fry Noodles	Beef Kofta with Yogurt Sauce Baked Potato
Dessert	Fresh Fruit	Bread and Cheese	Yogurt with Homemade Compote	Fruit Salad	Balasham (Turkish Sweets)



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WEEK 2

	<div>CHICKEN</div> <div>SUNDAY</div> <div>9th May, 2021</div>	<div>FISH</div> <div>MONDAY</div> <div>10th May, 2021</div>	<div>BEEF</div> <div>TUESDAY</div> <div>11th May, 2021</div>	<div>VEGGIE</div> <div>WEDNESDAY</div> <div>12th May, 2021</div>	<div>MEXICO</div> <div>THURSDAY</div> <div>13th May, 2021</div>
Starter	Steamed Cauliflower	Caesar Salad	Cheese and Crackers	Steamed Baby Carrots	Corn on the Cob
Main Course	Butter Chicken Basmati Rice	Grilled Fish Fillet Roast Root Vegetable	Beef Stew Barley	Penne with Broccoli Cream Sauce	Open Face Burrito Bean Rice
Dessert	Fresh Fruit	Bread and Cheese	Yogurt with Homemade Compote	Fruit Salad	Tres Leches



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WEEK 3

	<div>CHICKEN</div> <div>SUNDAY</div> <div>16th May, 2021</div>	<div>FISH</div> <div>MONDAY</div> <div>17th May, 2021</div>	<div>BEEF</div> <div>TUESDAY</div> <div>18th May, 2021</div>	<div>VEGGIE</div> <div>WEDNESDAY</div> <div>19th May, 2021</div>	<div>CHINA</div> <div>THURSDAY</div> <div>20th May, 2021</div>
Starter	Buttery Sweet Corn	Carrot Orange Salad	Beetroot Hummus	Green Beans with Butter	Steamed Veggie Dumpling
Main Course	Chicken Teriyaki Pilaf Rice	Asian Seabass Buttery Parsley Potato	Beef Kebab Veggie Couscous	Baked Pasta Spinach and Ricotta	Stir Fry Chicken Jasmine Rice
Dessert	Fresh Fruit	Bread and Cheese	Yogurt with Homemade Compote	Fruit Salad	Mango Tapioca Pudding



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WEEK 4

	<div>CHICKEN</div> <div>SUNDAY</div> <div>23rd May, 2021</div>	<div>FISH</div> <div>MONDAY</div> <div>24th May, 2021</div>	<div>BEEF</div> <div>TUESDAY</div> <div>25th May, 2021</div>	<div>VEGGIE</div> <div>WEDNESDAY</div> <div>26th May, 2021</div>	<div>GERMANY</div> <div>THURSDAY</div> <div>27th May, 2021</div>
Starter	Beetroot with Olive Oil	Mexican Bean Salad	Sauteed Leeks	Caramelized Carrots	Sauerkraut
Main Course	Grilled Chicken Thighs Lyonnais Potato	Poached Fillet Au Gratin Vegetables	Braised Beef Tomato Rice	Pasta Caprese (Tomato and Mozzarella)	German Beef Sausage Caramelized Onion served with Bun and Bratkartoffeln
Dessert	Fresh Fruit	Bread and Cheese	Yogurt with Homemade Compote	Fruit Salad	Apple Strudel





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WEEK 5

	CHICKEN SUNDAY	FISH MONDAY
	30 th May, 2021	31 st May, 2021
Starter	Green Peas with Salted Butter	Greek Salad
Main Course	Beetroot with Olive Oil	Ponzu Noodles with Fish Fillet
Dessert	Fresh Fruit	Bread and Cheese





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