

Menu

Set Menu

WEEK 8	Monday Oct. 12	Tuesday Oct. 13	Wednesday Oct. 14	Thursday Oct. 15	Friday Oct. 16
Salad & Soup- PRM & Both KDG	Carrot Salad with Citrus	Creamy Zucchini soup	Tomato & Mozzarella Cube	Carrot Soup	Corn Salad with Cheese Cube
Salad & Soup- PRM & LFS KDG	Tomato Soup	Corn Salad	Vegetable Broth	Celeriac/Apple Salad	Vegetable and Potato Soup
Starter Raw- PRM	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
Bread- PRM & Both KDG	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread
Starch- PRM & Both KDG	Sweet Potato Mash	Parsley Potatoes	White Rice	Rice	Fries
Main Protein- PRM & Both KDG	Duck in Orange Sauce	Fish Fillet, Spinach Sauce	Beef Chili con Carne	Sliced Chicken in Creamy Onion Sauce	Fresh Herb Omelet
Main Protein- PRM & LFS KDG	Shredded Chicken Cajun	Soy Sauce Braised Duck with Vegetables	Fried Pork Cutlet	Fish Cakes	Chicken Masala
Vegetable- PRM & Both KDG	Apple/ Apricot Puree	Broccoli	Glazed Carrots	Spinach-Cabbage	Roasted Eggplants
Vegetable- DSS KDG	Onion & Zucchini	Bok Choy	Cauliflower	Pumpkin	Baked Mixed Vegetables
Dairy- PRM & Both KDG	Milk / Orange Cheddar	Yogurt / Cheese	Gouda Cheese / Milk	Yogurt & Honey / Cheese	Cheese / Milk
Fruit or Dessert- PRM & Both KDG	Grapes	Banana Kiwi Salad	Watermelon	Apple Cake	Vanilla Cream
SPML- No Pork or Beef	Shredded Chicken Cajun	Soy Sauce Braised Duck with Vegetables	Mushroom Tofu Quesadilla	Fish Cakes	Chicken Masala
SPML- Vegetarian	Chickpea & Eggplant Stew	Lentil Bolognese Pasta	Mushroom Tofu Quesadilla	Baked Mousaka	Fresh Herb Omelet
Allergy-Free Meal	Dedicated lunch boxes are prepared according to individual allergy request. Main protein will follow the menu structure, but without allergen. NO NUTS serve in the daily menu.				

* Menu colour-coding: **Pork**, **Beef & Lamb**, **Chicken**, **Duck**, **Fish**, **Vegetarian**



Menu

Set Menu

WEEK 9	Monday Oct. 19	Tuesday Oct. 20	Wednesday Oct. 21	Thursday Oct. 22	Friday Oct. 23
Salad & Soup- PRM & Both KDG	Green Pea, Carrot Salad	Minestrone Soup	Mixed Lettuce Salad	Corn Soup	Tomato, Carrot & Cucumber
Salad & Soup- PRM & LFS KDG	Pumpkin Soup	Baked Eggplant Tomato Salad	Tomato Soup	Egg- Kale Salad	Onion Soup
Starter Raw- PRM	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
Bread- PRM & Both KDG	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread	Steamed Bun	Sliced White Bread
Starch- PRM & Both KDG	Steamed Potatoes	Italian Pasta	Baked Potatoes	Rice	Oven Baked Potato
Main Protein- PRM & Both KDG	Beef Carrot Stew	Vegetarian Omelete	Salmon in Aromatic Cream Sauce	Braised Chicken Asian Style	Thuringian Sausage Onion Gravy
Main Protein- PRM & LFS KDG	Braised Chicken Thighs Lemon/ Lemongrass	Roasted Pork Loin Bacon Mushroom Sauce	Chicken Leg Stew	Swedish Meatball, Cranberry Sauce	Baked Beef
Vegetable- PRM & Both KDG	Chinese Greens	Roasted Broccoli	Cabbage & Sliced Carrot	Broccoli	Zucchini
Vegetable- DSS KDG	Mix Vegetables & Tofu	Cauliflower	Mix Vegetables & Tofu	Chinese Green Vegetables	Red Cabbage & Apple
Dairy- PRM & Both KDG	Milk / Cheese	Yogurt / Cheese	Mozzarella Cheese / Milk	Yogurt / Cheese	Cheese / Milk
Fruit or Dessert- PRM & Both KDG	Mixed Fruit Salad	Banana	Watermelon	Blueberry Cake	Honey Melon
SPML- No Pork or Beef	Braised Chicken Thighs Lemon/ Lemongrass	Vegetarian Omelete	Salmon in Aromatic Cream Sauce	Braised Chicken Asian Style	Broccoli & Cauliflower Masala Curry
SPML- Vegetarian	Potato Pancakes	Vegetarian Omelete	Eggplant- Cherry Tomato Focaccia	Mediterranean Tomato Puff	Broccoli & Cauliflower Masala Curry

Allergy-Free Meal

Dedicated lunch boxes are prepared according to individual allergy request.
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Menu

Set Menu

WEEK 10	Monday Oct. 26	Tuesday Oct. 27	Wednesday Oct. 28	Thursday Oct. 29	Friday Oct. 30
Salad & Soup- PRM & Both KDG	Chinese Marinated Cucumber	Pumpkin Soup	Tofu Skin Salad	Tomato & Egg Soup	Cherry Tomato & Lentils Salad
Salad & Soup- PRM & LFS KDG	Broccoli Soup	Shaved Cucumber	Vegetable Broth	Lettuce and Fennel	Leek Soup
Starter Raw- PRM	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
Bread- PRM & Both KDG	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread
Starch- PRM & Both KDG	Butter & Parsley Potato	Italian Pasta	Mashed Potatoes	Italian Pasta	White Fried Rice
Main Protein- PRM & Both KDG	Marinated Duck Breast with Orange Sauce	Pork Bolognese	Hachis Parmentier Beef	Sweet & Sour Chicken	Steamed Fish Asian Style
Main Protein- PRM & LFS KDG	Grilled White Sausage	Braised Chicken with Tomato Sauce	Roasted Duck Breast	Pulled Beef & Braised Onion	Creamy Chicken Stew Waterzooi Style
Vegetable- PRM & Both KDG	Sauteed Celery	Mixed Mushrooms & Tofu	Glazed Carrots	Brussels Sprouts-Cabbage	Roasted Eggplants
Vegetable- DSS KDG	Green Peas Caramelized Onion	Bok Choy	Cauliflower	Roasted Pumpkin	Sauteed Mixed Vegetables
Dairy- PRM & Both KDG	Milk / Cheese	Yogurt / Cheese	Mozzarella Cheese / Milk	Yogurt / Cheese	Cheese / Milk
Fruit or Dessert- PRM & Both KDG	Pear	Banana	Watermelon	Ice Cream	Mix Fruit Salad
SPML- No Pork or Beef	Marinated Duck Sreast with Orange Sauce	Braised Chicken with Tomato Sauce	Roasted Duck Breast	Sweet & Sour Chicken	Steamed Fish Asian Style
SPML- Vegetarian	Vegetable Tajine	Carrot & Zucchini Noodles	Mushroom Souflaki Style	Mushroom Toast	Quiche Onion
Allergy-Free Meal	Dedicated lunch boxes are prepared according to individual allergy request. Main protein will follow the menu structure, but without allergen. NO NUTS serve in the daily menu.				

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Menu

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WEEK 11	Monday Nov. 2	Tuesday Nov. 3	Wednesday Nov. 4	Thursday Nov. 5	Friday Nov. 6
Salad & Soup- PRM & Both KDG	Cucumber, Carrot & Tomato Salad	Napoli's Tomato Soup	Coleslaw Salad	Lentils Soup	Boiled Egg, Olives & Tomato
Salad & Soup- PRM & LFS KDG	Tomato Soup	Barley Salad	Beans Soup	Egg Mimosa	Mushroom Cream Soup
Starter Raw- PRM	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
Bread- PRM & Both KDG	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread
Starch- PRM & Both KDG	Roasted Potato cubes	Italian Pasta	Steam Rice	Pasta	Sweet Potato Fries
Main Protein- PRM & Both KDG	Sliced Chicken & Vegetables(Celtuce- Onion)	Beef Bolognese	Pork Stew Provencal	Chicken Meatballs & Mushrooms	Tuna Omelette
Main Protein- PRM & LFS KDG	Spring Rolls	Pork Dumplings	Duck in Soya Sauce with Vegetables	Baked Beef in Gravy	Chicken Thigh with Lemon
Vegetable- PRM & Both KDG	Celtuce	Mixed Mushrooms & Tofu	Cabbage & Sliced Carrot	Broccoli	Zucchini
Vegetable- DSS KDG	Roasted Eggplant and Broccoli	Bok Choy	Mixed Vegetables	Chinese Green Vegetables	Ratatouille
Dairy- PRM & Both KDG	Milk / Cheese	Yogurt / Cheese	Milk / Mozzarella Cheese	Special Yogurt / Cheese	Cheese / Milk
Fruit or Dessert- PRM & Both KDG	Apple	Banana	Watermelon	Muffin	Mixed Fruit Salad
SPML- No Pork or Beef	Sliced Chicken & Vegetables	Mixed Mushroom Bread	Duck in Soya Sauce with Vegetables	Chicken Meatballs & Mushrooms	Tuna Omelette
SPML- Vegetarian	Spring Rolls	Mixed Mushroom Bread	Stuffed Cabbage Roll with Rice & Mushrooms	Spinach & Feta Pie	Korean Tofu & Kimchi Rice Burrito
Allergy-Free Meal	Dedicated lunch boxes are prepared according to individual allergy request. Main protein will follow the menu structure, but without allergen. NO NUTS serve in the daily menu.				

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Menu

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WEEK 12	Monday Nov. 9	Tuesday Nov. 10	Wednesday Nov. 11	Thursday Nov. 12	Friday Nov. 13
Salad & Soup- PRM & Both KDG	Chinese Marinatd Cucumber	Green Vegetable Soup	Asian Tofu Salad	Mushroom Soup	Barley Salad
Salad & Soup- PRM & LFS KDG	Goulash Soup	Corn Salad	Tomato Soup	Potato Salad	Pumpkin Soup
Starter Raw- PRM	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
Bread- PRM & Both KDG	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread
Starch- PRM & Both KDG	Italian Pasta	Baked Potatoes	White Rice	Italian Pasta	Steamed Potatoes
Main Protein- PRM & Both KDG	Sausage Tomato Sauce	Chicken Curry	Roasted Duck Breast, Gravy	Beef Goulash	Crispy Sliced Fish & Tartare Sauce
Main Protein- PRM & LFS KDG	Baked Salmon Tart	Beef Patty	Baked Chicken with Roasted Vegetables	Sausage & Vegetables with Cheese Sauce	Vegetable Omelete
Vegetable- PRM & Both KDG	Green Beans	Zucchini & Carrots	Sliced Cabbage	Pisto	Cauliflower & Broccoli
Vegetable- DSS KDG	Tofu & Vegetables Wok	Chinese Greens	Mediterranean Vegetables	Bok Choy	Mixed Mushrooms
Dairy- PRM & Both KDG	Milk / Cheese	Yogurt / Cheese	Cheese / Milk	Yogurt / Cheese	Cheese / Milk
Fruit or Dessert- PRM & Both KDG	Banana	Mixed Fruit Salad	Watermelon	Sponge Cake	Apple
SPML- No Pork or Beef	Baked Salmon Tart	Chicken Curry	Roasted Duck Breast, Gravy	Cheese Speatzle with Caramelized Onions	Crispy Sliced Fish & Tartare Sauce
SPML- Vegetarian	Creamy Thai Sweet Curry	Eggplant Parmigiana	Scrambled Egg & Tomato	Cheese Speatzle with Caramelized Onions	Vegetable Omelete
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WEEK 13	Monday Nov. 16	Tuesday Nov. 17	Wednesday Nov. 18	Thursday Nov. 19	Friday Nov. 20
Salad & Soup- PRM & Both KDG	Egg, Cherry Tomato & Kale Salad	Green Vegetables and Chive Soup	Mix Lettuce Salad	Corn Soup	Tomato, Carrot & Cucumber
Salad & Soup- PRM & LFS KDG	Onion Potato Soup	Macedoine	Borch Soup	Boiled Egg, Olives & Tomato	Carrot Soup
Starter Raw- PRM	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
Bread- PRM & Both KDG	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread
Starch- PRM & Both KDG	White Rice	Italian Pasta	Baked Potatoes	Italian Pasta	Fried Rice
Main Protein- PRM & Both KDG	Chicken in Vegetable Sauce	Beef Bolognese	Steamed Fish in Soy Sauce	Creamy Chicken	Pizza Peperoni
Main Protein- PRM & LFS KDG	Grilled Cheese Sausage	Duck in Soya Sauce with Vegetables	Chicken Leg Stew	Shredded Pork in Tomato Sauce	Beef Stew
Vegetable- PRM & Both KDG	Roasted Cauliflower	Green Beans	Chinese Celery	Corn	Bok Choy
Vegetable- DSS KDG	Fresh Carrots Cumin	Sliced Cabbage	Baked Pumpkin	Mix Vegetables	Ratatouille
Dairy- PRM & Both KDG	Milk / Cheese	Yogurt / Cheese	Mozzarella Cheese / Milk	Yogurt / Cheese	Cheese / Milk
Fruit or Dessert- PRM & Both KDG	Watermelon	Banana	Mixed Fruit Salad	Ice Cream	Pear
SPML- No Pork or Beef	Chicken in Vegetable Sauce	Duck in Soya Sauce with Vegetables	Steamed Fish in Soy Sauce	Creamy Chicken	Pizza Margherita
SPML- Vegetarian	Enchiladas	Potato & Onion Pancake	Egg Pancake	Mixed Vegetables & Chickpea	Pizza Margherita
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WEEK 14	Monday Nov. 23	Tuesday Nov. 24	Wednesday Nov. 25	Thursday Nov. 26	Friday Nov. 27
Salad & Soup- PRM & Both KDG	Crushed Cucumber Salad	Broccoli Soup	Coleslaw	Corn Soup	Corn and Carrot Salad
Salad & Soup- PRM & LFS KDG	Vegetable Broth	Green Bean Salad	Minestrone with Mini Pasta	Shaved Carrots with Cumin	Cauliflower Cream Soup
Starter Raw- PRM	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
Bread- PRM & Both KDG	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread	Sliced Wheat Bread	Sliced White Bread
Starch- PRM & Both KDG	White Rice	Italian Pasta	Baked Potatoes	Pasta	Potato Cube
Main Protein- PRM & Both KDG	Pork Chili Con Carne	Beef Meat Ball in Tomato Sauce	Pulled Chicken Chowder	Pork Patty	Sliced Soy Glazed Duck
Main Protein- PRM & LFS KDG	Duck in Orange Gravy	Oven Baked Chicken Thigh	Seared Salmon, Lemon	Turkey Breast Maple Syrup Sauce	White Sausage in Sauce
Vegetable- PRM & Both KDG	Celery	Cabbage Slices	Corn	Bok Choy	White Soya Sprouts
Vegetable- DSS KDG	Zucchini & Onion	Mixed Vegetables & Tofu	Roasted Broccoli & Cauliflower	Carrot, Brussels Sprout Roasted	Mixed Mushrooms & Tofu
Dairy- PRM & Both KDG	Milk / Cheese	Yogurt / Cheese	Mozzarella Cheese / Milk	Yogurt / Cheese	Cheese / Milk
Fruit or Dessert- PRM & Both KDG	Watermelon	Banana	Mixed Fruit Salad	Carrot Cake	Pear
SPML- No Pork or Beef	Duck in Orange Gravy	Oven Baked Chicken Thigh	Seared Salmon, Lemon	Turkey Breast Maple Syrup Sauce	Sliced Soy Glazed Duck
SPML- Vegetarian	Mediterranean egg bake	Beetroot Burger	Arancini with Tomato Sauce	Stuffed Tomatoe with Tomato Rice & Cheese	Quiche Onion - Broccoli - Cherry Tomato
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