

FEBRUARY
Menu
week 2

CHOOSE ONE MAIN - VEGETARIAN OPTION AVAILABLE

Sunday

04/02/2018

STARTER
LENTIL SOUP

MAIN 1
BEEF BURGER
WITH ROAST
POTATO

MAIN 2 
PASTA WITH
TOMATO CREAM
SAUCE

DESSERT
APPLE CRUMBEL

Monday

05/02/2018

STARTER
POTATO SALAD

MAIN 1
CORN AND
TOMATO PIZZA

MAIN 2 
VEGETABLE IN
PROVENCAL
AND RICE

DESSERT
FRESH FRUIT SALAD

Tuesday

06/02/2018

STARTER
COLESLAW SALAD

MAIN 1
CHICKEN
CURRY IN
COCONUT MILK
& RICE

MAIN 2 
CORN AND
TOMATO PIZZA

DESSERT
VANILLA SWISS ROLL

Wednesday

07/02/2018

STARTER
CUCUMBER SALAD

MAIN 1
SEAFOOD PIE

MAIN 2 
FUSILI PASTA
WITH PROVENCAL
SAUCE


DESSERT
FRESH BANANA OR FRESH FRUIT

Thursday

08/02/2018

STARTER
MINI PRETZEL

MAIN 1
BEEF GLOUSH
WITH
STEAM RICE

MAIN 2 
QUINOA WITH
VEGETABLE IN
COCONUT OIL

DESSERT
DATE CAKE

CHOOSE ONE MAIN - VEGETARIAN OPTION AVAILABLE

FEBRUARY Menu week 3

Sunday

11/02/2018

STARTER
BROCCALI SOUP

MAIN 1
CHICKEN
SCHNITZEL
WITH
MASH POTATO

MAIN 2 
FUSILI PASTA
WITH VEGETABLE
IN TOMATO
CREAM SAUCE


DESSERT
FRUIT COMPORT WITH
VANILA SAUCE

Monday

12/02/2018

STARTER
MINI PRETZEL

MAIN 1
PASTA IN
TOMATO
CREAM SAUCE

MAIN 2 
QUINOA, POTATO
& CARROT IN
TOMATO SAUCE

DESSERT
FRESH FRUIT SALAD

Tuesday

13/02/2018

STARTER
PINEAPPLE WITH CARROT SALAD

MAIN 1
BEEF PIE
WITH MASH
& GRAVY
SAUCE

MAIN 2 
PASTA IN
TOMATO SAUCE

DESSERT
CARROT CAKE SLICE

Wednesday

14/02/2018

STARTER
TOMATO SALAD

MAIN 1
BUTTER
CHICKEN
WITH RICE

MAIN 2 
VEGETABLE PIE

DESSERT
FRUIT YOGURT

Thursday

15/02/2018

STARTER
LENTIL & APPLE SOUP

MAIN 1
CORN &
TOMATO PIZZA

MAIN 2 
CORN AND
TOMATO PIZZA

DESSERT
WATER MELON

FEBRUARY
Menu
week 4

CHOOSE ONE MAIN - VEGETARIAN OPTION AVAILABLE

Sunday

18/02/2018

STARTER
BROCCOLI SOUP

MAIN 1
CHICKEN
SAUSAGE WITH
MASH &
GRAVY

MAIN 2 
FUSILI PASTA
IN PROVENCAL
SAUCE

DESSERT
CFRUIT COMPORT WITH
VANILA SAUCE

Monday

19/02/2018

STARTER
TOMATO SOUP

MAIN 1
CORN AND
TOMATO PIZZA

MAIN 2 
BARLEY WITH
VEGETABLE

DESSERT
FRESH DATE CAKE

Tuesday

20/02/2018

STARTER
CARROT & BEETROOT SALAD

MAIN 1
BEEF
LASAGNA

MAIN 2 
PASTA IN
TOMATO SAUCE

DESSERT
WATER MELON

Wednesday

21/02/2018

STARTER
TOMATO SALAD

MAIN 1
CHICKEN
SAUSAGE
WITH MASH
& GRAVY

MAIN 2 
VEGETABLE PIE

DESSERT
VANILLA SWISS ROLL

Thursday

22/02/2018

STARTER
CARROT AND LENTIL SOUP

MAIN 1
SWEET & SOUR
FISH

MAIN 2 
CORN AND
TOMATO PIZZA

DESSERT
SWEET MELON

FEBRUARY
Menu
week 5


CHOOSE ONE MAIN - VEGETARIAN OPTION AVAILABLE

Sunday

25/02/2018

STARTER
LENTIL SOUP

MAIN 1
BEEF BURGER
WITH ROAST
POTATO

MAIN 2 
QUINOA WITH
VEGETABLE IN
COCONUT OIL

DESSERT
DATE CAKE

Monday

26/02/2018

STARTER
TOMATO BRUSCHETTA

MAIN 1
BARLEY WITH
CHICKEN IN
BROWN SAUCE
& RICE

MAIN 2 
PASTA WITH
TOMATO
CREAM SAUCE

DESSERT
APPLE CRUMBLE

Tuesday

27/02/2018

STARTER
COLESLAW SALAD

MAIN 1
PASTA WITH
TOMATO
CREAM SAUCE

MAIN 2 
CORN AND
TOMATO PIZZA

DESSERT
FRESH FRUIT SALAD

Wednesday

28/02/2018

STARTER
TOMATO SALAD

MAIN 1
BEEF GLOUSH
WITH STEAM
RICE

MAIN 2 
FUSILLI PASTA
WITH
PROVENCAL
SAUCE

DESSERT
VANILLA SWISS ROLL