

## MENU WEEK 1

Meatless Monday Spanish Menu		Tuesday French Menu		Wednesday Indian Menu		Thursday Mexican Menu		Friday American Menu	
<b>STARTER</b>		<b>STARTER</b>		<b>STARTER</b>		<b>STARTER</b>		<b>STARTER</b>	
White Bean Soup	free	French lentil soup	free	Traditional Indian Soup	free	Mexican Beef and Rice soup	free	American Noodle Soup	free
<b>MAIN COURSE</b>		<b>MAIN COURSE</b>		<b>MAIN COURSE</b>		<b>MAIN COURSE</b>		<b>MAIN COURSE</b>	
Vegetarian Paella	3.00	Beef Bourguignon	3.00	Mumbai Meatballs	3.00	Spinach and Chicken quesadillas	3.00	Sticky Chicken	3.00
<b>SIDE DISH</b>		<b>SIDE DISH</b>		<b>SIDE DISH</b>		<b>SIDE DISH</b>		<b>SIDE DISH</b>	
Vegetable, pea and potato curry	2.00	Baked Potatoes French Style	2.00	Steamed rice	2.00	Mexican potato wedges	2.00	Potato Salad	2.00
<b>MAIN COURSE VEGETARIAN</b>		<b>MAIN COURSE VEGETARIAN</b>		<b>MAIN COURSE VEGETARIAN</b>		<b>MAIN COURSE VEGETARIAN</b>		<b>MAIN COURSE VEGETARIAN</b>	
“Patatas Bravas” Baked potatoes (Spanish style)	1.00	Ratatouille	2.00	Vegetable, pea and potato curry	3.00	Oven-baked sweet potato fajitas	2.00	Mac-n-Cheese	1.00
Sandwiches (Chicken, cheese, egg, vegetarian)	3.00	Sandwiches (Chicken, cheese, egg, vegetarian)	3.00	Sandwiches (Chicken, cheese, egg, vegetarian)	3.00	Sandwiches (Chicken, cheese, egg, vegetarian)	3.00	Sandwiches (Chicken, cheese, egg, vegetarian)	3.00
Platter of vegetables +humus		Platter of vegetables +humus		Platter of vegetables +humus		Platter of vegetables +humus		Platter of vegetables +humus	
Green Salad		Green Salad		Seasonal salad		Seasonal salad		Seasonal salad	
<b>DESSERTS</b>		<b>DESSERTS</b>		<b>DESSERTS</b>		<b>DESSERTS</b>		<b>DESSERTS</b>	
Cheesecake	1.00	Apple Tart	1.00	Carrot cake	1.00	Apple Crumble	1.00	Brownie	1.00
Fruit salad	2.00	Fruit salad	2.00	Fruit salad	2.00	Fruit salad	2.00	Fruit salad	2.00
Seasonal fruits	1.00	Seasonal fruits	1.00	Seasonal fruits	1.00	Seasonal fruits	1.00	Seasonal fruits	1.00
Homemade lemonade	1.00	Homemade lemonade	1.00	Homemade lemonade	1.00	Homemade lemonade	1.00	Homemade lemonade	1.00
Smoothies (seasonal fruits and vegetables)	3.00	Smoothies (seasonal fruits and vegetables)	3.00	Smoothies (seasonal fruits and vegetables)	3.00	Smoothies (seasonal fruits and vegetables)	3.00	Smoothies (seasonal fruits and vegetables)	3.00
Diary products		Diary products		Diary products		Diary products		Dairy products	
Juices	2.00	Juices	2.00	Juices	2.00	Juices	2.00	Juices	2.00
Selection of freshly baked breads		Selection of freshly baked breads		Selection of freshly baked breads		Selection of freshly baked breads		Selection of freshly baked breads	