



# Eat Good, Feel Good

## WEEK1

	Main Dishes	Sides	Dessert
<b>Tuesday 3 Mar</b>	Lasagne al forno ● ● Chicken strips with roquefort sauce Baked hazelnut potato	Sauteed vegetables Salad bar Tuna Briwates	Cheese cake oreo
<b>Wednesday 4 Mar</b>	Chinese-style Fried rice w/fishballs Fried Shrimp Merguez	Sauteed vegetables Salad bar Bathout stuffed with minced meat ●	Yoghurt ●
<b>Thursday 5 Mar</b>	Minced meat pizza ● Chicken pizza / Tuna pizza ● Roasted chicken with romarin juice	Homemade Fries Sauteed vegetables Salad bar	Caramel cake ● ● ●
<b>Friday 6 Mar</b>	Chicken couscous Meat couscous Meat tagine with spring onions and egg ● Moroccan potatoes	7 vegetables couscous Tfaya	Yoghurt ●

## WEEK2

	Main Dishes	Sides	Dessert
<b>Monday 9 Mar</b>	Crunchy chicken with balsamic sauce ● Roast beef with mushrooms Wok-fried spaghetti ●	Sauteed vegetables Salad bar	Seasonal Fruit
<b>Tuesday 10 Mar</b>	Homemade cordon bleu with red cheese ● Minced meat roulade with brown sauce Mashed potatoes with cheese ●	Sauteed vegetables Salad bar	Chocolat brownies ● ●
<b>Wednesday 11 Mar</b>	Valencienne stew Mixed chicken/liver skewers Oriental rice	Grilled vegetables Salad bar	Yoghurt ●
<b>Thursday 12 Mar</b>	Minced meat burger Chicken burger Sliced meat in cream sauce ● ●	Fried potato Sauteed vegetables Salad bar	Opera cake ● ●
<b>Friday 13 Mar</b>	Mixed mini piccata Barbecue lamb chops Panko-Crusted Potato Patty Sandwich	Vegetable sticks Salad Bar	Seasonal Fruit

## WEEK3

	Main Dishes	Sides	Dessert
<b>Monday 16 Mar</b>	Wheat noodles asian-style chicken Minced meat stick Ratatouille	Sauteed broccoli with garlic Salad Bar	Yoghurt ●
<b>Tuesday 17 Mar</b>	Chicken tagine mhamer Meat tagine with abricots Fried potatoes	Sauteed vegetables Salad Bar Homemade bread	Tiramisu Cake
<b>Wednesday 18 Mar</b>	Salmon with fresh cream and mushrooms ● Fried fish goujennette Marinated chicken steak	Koshary rice Steamed vegetables Salad bar	Seasonal Fruit
<b>Thursday 19 Mar</b>	Chicken sandwich Minced meat sandwich Minced meatball in tomato sauce	New potato Sauteed vegetables Salad bar	Mocha coffee cake ● ● ●

## WEEK4

	Main Dishes	Sides	Dessert
<b>Monday 23 Mar</b>	Spaghetti bolognese with parmesan Sliced chicken in Alfredo sauce ● Savory crepe with minced meat	Steamed vegetables Salad Bar	Seasonal Fruit
<b>Tuesday 24 Mar</b>	KFC chicken drumsticks Meat skewers with barbecue sauce Potato gratin	Green vegetables sautéed Salad Bar	Black forest cake ●
<b>Wednesday 25 Mar</b>	Fish tagine ombrine Fried fish (sole/whiting/shrimp) ● Shawarma plate with mushroom sauce	Rice with three peppers Sauteed vegetables Salad bar	Seasonal Fruit
<b>Thursday 26 Mar</b>	Chicken tacos Minced meat tacos Asian chicken skewers	Sauteed vegetables Salad bar	Pistachio cream puffs ●

Colour codes indicate allergens:

Gluten

Dairy

Egg

Seafood