

slices

Light Snack

Served with Fresh Milk/ Laban



March 1

Sliced Fruit: Grapes

Yoghurt: with fruit

Other: Whole meal Roll , Turkey/ Cheese

March 2

Sliced Fruit: Pineapple

Yoghurt: with Berries

Other: Boiled Eggs, Toast

March 3

Sliced Fruit: Watermelon/ Assorted

Yoghurt: with Honey

Other: Oatmeal Banana Pancakes

Whipped Cream/ Honey Sauce

March 6

Sliced Fruit: Grapes

Yoghurt: with Compote

Other: Pumpkin and Potato Rösti

March 7

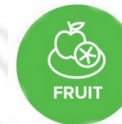
Sliced Fruit: Cut Fruits

Yoghurt: with Sultanas

Other: Scrambled Eggs, Toast

MARCH MENU

Lunch



March 1

Soup

Tomato

March 2

Main Course

Roast Beef

Chicken in Rose Sauce

Beef Enchiladas

March 6

Leek and Potato Soup

Chicken Schnitzel

March 7

Summer Vegetable Soup

Beef Bangers

Vegetarian

Vegetable Pie

Baked Zucchini

Vegetable Fajitas

Ratatouille

Broccoli Cheese Gratin

Starch/Carbohydrates

Roasted Potatoes

Mixed Penne Pasta

Creamed Corn

Rice Pilaf

Crushed Potatoes

Vegetable

Carrot and Parsnip

Roasted Cauliflower

Mexican Beans

Green Beans

Carrots

Selection of Salads , Sides and Dressings

Dessert

Fruit and Natural

Banana Cake

Fruit and Natural Yogurt

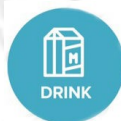
Fruit Yogurt Crunch Pot

Baked Custard

Fresh Fruit Milk/ Laban

Light Snack

Served with Fresh Milk/ Laban



March 8

Sliced Fruit: Watermelon

Yoghurt: with Fruit

Other: Chicken Sausages, Toast

March 9

Sliced Fruit: Orange

Yoghurt: with Berries

Other: Boiled Eggs, Toast

March 10

Sliced Fruit: Watermelon/ Assorted

Yoghurt: with Honey

Other: Whole wheat Fruit Pancake

Whipped Cream/ Honey Sauce

March 13

Sliced Fruit: Oranges

Yoghurt: with Compote

Other: Croissants/Bagels
Cream Cheese

March 14

Sliced Fruit: Melon

Yoghurt: with Sultanas

Other: Scrambled Eggs, Toast

MARCH MENU

Lunch



March 8

Soup

Celery

Main Course

Chicken Lasagne

Vegetarian

Vegetable Lasagne

Starch/ Carbohydrates

Lasagne Pasta

Vegetable

Green Beans

Dessert

Fruit and Natural Yogurt

March 9

Carrot and Ginger Soup

Beef Stir Fry

Vegetable Stir Fry

Asian Noodles

Bok Choy

Carrot Cake

March 10

Pumpkin

Chicken Fajitas

Vegetarian Bean Fajitas

Brown and White Rice

Sweetcorn, Mixed Roasted Peppers (sliced)

Fruit and Natural Yogurt

Fresh Fruit

Milk/ Laban

March 13

Spinach

Beef Bourguignon

Light Vegetable Stew

New Potatoes

Sautéed Vegetables

Fruit Yogurt Crunch Pot

March 14

Cream of Broccoli

Butter Chicken

Green Curry

Basmati and Brown Rice

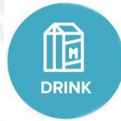
Aloo Gobi

Apple and Date Crumble

Selection of Salads , Sides and Dressings

Light Snack

Served with Fresh Milk/ Laban



March 15

Sliced Fruit: Grapes

Yoghurt: with Fruit

Other: Whole meal Roll ,
Turkey/ Cheese

March 16

Sliced Fruit: Pineapple

Yoghurt: with Berries

Other: Boiled Eggs, Toast

March 17

Sliced Fruit: Watermelon/ Assorted

Yoghurt: with Honey

Other: Oatmeal Banana Pancakes

Whipped Cream/ Honey Sauce

March 20

Sliced Fruit: Grapes

Yoghurt: with Compote

Other: Pumpkin and Potato Rösti

March 21

Sliced Fruit: Cut Fruits

Yoghurt: with Sultanas

Other: Scrambled Eggs, Toast

MARCH MENU

Lunch



March 15

Soup

Minestrone

Main Course

Chili con
Carne

Vegetarian

Vegetarian
Chili

Starch/ Carbohydrates

Brown and
White Rice

Vegetable

Broccoli

Dessert

Fruit and
Natural

March 16

Celery

Chicken
Lasagne

Vegetable
Lasagne

Lasagne Pasta

Green Beans

Lemon Drizzle
Sponge

March 17

Leek and
Potato

Beef Burgers

Vegetable
Burgers

Potato Wedges

Zucchini Sticks

Fruit and
Natural Yogurt

March 20

Lentil

Roasted
Chicken

Crispy Topped
Vegetable Pie

Crushed
Potatoes

Green Beans

Fruit Yogurt
Crunch Pot

March 21

Carrot and
Ginger Soup

Salmon Teriyaki
with Wok

Chinese Style
Vegetable

Asian Noodles

Bok Choy

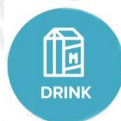
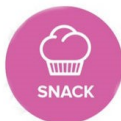
Selection of Salads , Sides and Dressings

Fresh Fruit

Milk/ Laban

Light Snack

Served with Fresh Milk/ Laban



March 22

Sliced Fruit: Watermelon

Yoghurt: with Fruit

Other: Chicken Sausages, Toast

March 23

Sliced Fruit: Orange

Yoghurt: with Berries

Other: Boiled Eggs, Toast

March 24

Sliced Fruit: Watermelon/ Assorted

Yoghurt: with Honey

Other: Whole wheat Fruit Pancake

Whipped Cream/ Honey Sauce

MARCH MENU

Lunch



March 22

March 23

March 24

Soup

Vegetable

Tomato Basil

Pumpkin Soup

Main Course

Beef Goulash

Chicken Pie

Beef Lasagne

Vegetarian

Vegetable
Rissoles

Bean and Lentil
Ragu

Vegetable
Lasagne

Starch/ Carbohydrates

Brown Rice

Sweet Potato
and Potato Mix

Vegetable

Sautéed
Vegetables

Grilled
Vegetables

Broccoli and
Carrots

Selection of Salads , Sides and Dressings

Dessert

Fruit and
Natural
Yogurt

Banana Cake

Fruit and
Natural Yogurt

**Fresh Fruit
Milk/ Laban**