



BREAKFAST

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Cheese Sandwich Red Apple Orange Juice Water	Chocolate Croissant Sliced Pineapple Apricot Juice Water	Apple Turn Over Banana Mango Juice Water	Tomato Cheese Sandwich Pears Apple Juice Water	Banana Muffin Sliced Sweet Melon Cocktail Juice Water

WEEK 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Spinach Pan Cake Red Apple Orange Juice Water	English Cake Sliced Pineapple Apricot Juice Water	Danish Pastry Banana Mango Juice Water	Croissant Cheese Sandwich Pears Apple Juice Water	Chocolate Muffin Sweet Melon Cocktail Juice Water



BREAKFAST

WEEK 3

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Cheese Sandwich Red Apple Orange Juice Water	Chocolate Croissant Sliced Pineapple Apricot Juice Water	Apple Turn Over Banana Mango Juice Water	Tomato Cheese Sandwich Pears Apple Juice Water	Chocolate Muffin Sweet Melon Cocktail Juice Water

WEEK 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Spinach Pan Cake Red Apple Orange Juice Water	English Cake Sliced Pineapple Apricot Juice Water	Danish Pastry Banana Mango Juice Water	Croissant Cheese Sandwich Pears Apple Juice Water	Chocolate Muffin Sweet Melon Cocktail Juice Water



LUNCH/DINNER

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Spaghetti Bolognese Banana Strawberry Milk Water Vegetable Augratiné / Bread Roll	Grilled Chicken Breast with Mashed Potato Red Apple Cocktail Juice Water Vegetable Khorma / Rice	Chile Concarne / Rice Pears Apple Juice Water Vegetable Lasagna	Lamb Stew with Vegetable Bread Rolls / Sautéed Pasta Sliced Pineapple Apricot Juice Water Mix. Vegetable in Béchamel	Chicken Tikka Masala Pulao Rice Red Apple Orange Juice Water Vegetable Jalfrezi / Rice

WEEK 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Chicken Burger Banana Strawberry Milk Water Vegetable Burger	Shepard's Pie Pears Apple Juice Water Veg. Shepard Pie	Fish Fingers Sliced Pineapple Orange Juice Water Vegetable Croquettes Tomato Sauce/Mixed Salad	Lamb Marengo / Sauté Veg. Red Apple Apricot Juice Water Vegetable Curry / Rice	Roasted Chicken With Sautéed Potato Pears Mango Juice Water Sautéed Vegetable with Tomato Sauce / Pasta

LUNCH/DINNER

WEEK 3

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Spaghetti Bolognese Banana Strawberry Milk Water Vegetable Augartine / Bread Roll	Grilled Chicken Breast with Mashed Potato Red Apple Cocktail Juice Water Vegetable Khorma / Rice	Chile Concarne / Rice Pears Apple Juice Water Vegetable Lasagna	Lamb Stew with Vegetable Bread Rolls / Sauteed Pasta Sliced Pineapple Apricot Juice Water Mix. Vegetable in Béchamel	Chicken Tikka Masala Pulao Rice Red Apple Orange Juice Water Vegetable Jalfrezi / Rice

WEEK 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Chicken Burger Banana Strawberry Milk Water Vegetable Burger	Shepard's Pie Pears Apple Juice Water Veg. Shepard Pie	Fish Finger Sliced Pineapple Orange Juice Water Vegetable Croquettes Tomato Sauce/Mixed Salad	Lamb Merengo / Sauté Veg Red Apple Apricot Juice Water Vegetable Curry / Rice	Roasted Chicken With Sautéed Potato Pears Mango Juice Water Sauté Veg. with Tomato Sauce / Pasta



LUNCH/DINNER

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Roasted Chicken with Mushroom Sauce / Vegetable Red Apple Strawberry Juice Water Vegetable Gratin with Beans	Lamb Kebab / Butter Rice Tomato Sauce Banana Apple Juice Water Vegetable Brochette / Beans Ragout / Bread Roll	Shepard's Pie Pears Orange Juice Water Veg. Shepard's Pie	Chicken Curry / Veg. Pulao Sliced Pineapple Mango Juice Water Vegetable Khorma/Rice	Beef Burger Red Apple Cocktail Juice Water Vegetable Burger

WEEK 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Butter Chicken Masala Saffron Rice Sliced Pineapple Apricot Juice Water Vegetable Jalfrezi Rice	Spaghetti Bolognese Red Apple Orange Juice Water Vegetable Cannelloni	Chicken Burger Pears Apple Juice Water Vegetable Brochette Beans Ragout / Bread Rolls	Baked Chicken / Tomato Sauce Sautéed Potato Banana Cocktail Juice Water Gratin Vegetables Sautéed Pasta	Meat Ragout with Sautéed Pasta Red Apple Mango Juice Water Vegetable Curry / Rice



LUNCH/DINNER

WEEK 3

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Roasted Chicken with Mushroom Sauce / Vegetable Red Apple Strawberry Juice Water Vegetable Gratin with Beans	Lamb Kebab / Butter Rice Tomato Sauce Banana Apple Juice Water Vegetable Brochette / Beans Ragout / Bread Roll	Shepard's Pie Pears Orange Juice Water Veg. Shepard's Pie	Chicken Curry / Veg. Pulao Sliced Pineapple Mango Juice Water Vegetable Khorma/Rice	Beef Burger Red Apple Cocktail Juice Water Vegetable Burger

WEEK 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Butter Chicken Masala Saffron Rice Sliced Pineapple Apricot Juice Water Vegetable Jalfrezi Rice	Spaghetti Bolognese Red Apple Orange Juice Water Vegetable Cannelloni	Chicken Burger Pears Apple Juice Water Vegetable Brochette Beans Ragout / Bread Rolls	Baked Chicken/Tomato Sauce Sautéed Potato Banana Cocktail Juice Water Gratin Vegetables Sautéed Pasta	Meat Ragout with Sautéed Pasta Red Apple Mango Juice Water Vegetable Curry / Rice