



## JANUARY MENU

WEEK 1

Thursday World Day Focus:  
GREECE

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

### BREAKFAST

CREAMY PORRIDGE,  
TOAST, WARM MILK,  
FRESH FRUITS

### SNACK

FINELY CHOPPED  
FRESH FRUIT MEDLEY

SAUTÉED  
BLUEBERRIES ON  
COTTAGE CHEESE

AVOCADO TOAST

RICE CRACKERS WITH  
HUMMUS

FINELY CHOPPED  
FRESH FRUIT MEDLEY

### LUNCH & ALTERNATIVE

CHEESEBURGER  
PASTA

(ALLERGENS:  
WHEAT, CEREALS THAT  
MAY CONTAIN GLUTEN)

FAJITA CHICKEN WITH  
RICE

VE: VEGETABLES AND  
BEAN FAJITAS

BEEF CASSEROLE

VE: SOYA CHUNKS  
ALTERNATIVE

(ALLERGENS:  
SOYA, DAIRY)

GREECE (YOUVETSI)  
ORZO PASTA BAKED  
IN TOMATO BASED  
SAUCE

V-RED BEANS WITH  
SOYA CHUNKS

(ALLERGENS:  
WHEAT, DAIRY, CEREALS  
THAT MAY CONTAIN  
GLUTEN)

TOMATO AND FIVE  
VEGETABLE PASTA

(ALLERGENS:  
WHEAT, CEREALS THAT  
MAY CONTAIN GLUTEN)

### SNACK

OVEN-BAKED TOMATO  
AND CHEESE TOAST

CRUDITÉS [FINELY  
CHOPPED] WITH  
CREAM CRACKERS  
AND CHEESE

FINELY CHOPPED  
FRESH FRUIT MEDLEY

BERRY COMPOTE  
SERVED OVER GREEK  
YOGURT

RED SMOOTHIE  
(STRAWBERRY,  
MANGO, BANANA,  
MILK)

### DINNER & ALTERNATIVE

ONE POT BOLOGNESE  
ORZO

(ALLERGENS - WHEAT,  
CEREALS MAY CONTAINS  
GLUTEN)

ROASTED CARROT  
AND TOMATO SOUP  
SERVED CRUSTY FLAT  
BREAD

(ALLERGENS:  
WHEAT, CEREALS MAY  
CONTAIN GLUTEN, DAIRY)

PUMPKIN STEW WITH  
CORN, POTATOES AND  
HERBS SERVED WITH  
PILAU RICE

SOUVLAKI (SMALL  
PIECES OF GRILLED  
CHICKEN) SERVED  
WITH PITA BREAD

(ALLERGENS:  
WHEAT, CEREALS MAY  
CONTAINS GLUTEN)

CHEESY MASHED  
POTATOES SERVED  
WITH BAKED  
CORIANDER BEANS

(ALLERGENS:  
DAIRY)

ALLERGENS WILL ALWAYS BE  
REPLACED WITH A SUITABLE  
ALTERNATIVE INGREDIENT IN LINE  
WITH FOOD STANDARDS GUIDELINES

VE = VEGAN FRIENDLY

PREPARED BY  
CHEF PARAM



## JANUARY MENU

WEEK 2

Thursday World Day Focus:  
BELGIUM

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

### BREAKFAST

CREAMY PORRIDGE,  
TOAST, WARM MILK,  
FRESH FRUITS

### SNACK

RICE CRACKERS WITH  
HUMMUS

MOZZARELLA WITH  
CHERRY TOMATOES  
ON TOAST

APPLE CHUNKS WITH  
COTTAGE CHEESE

AVOCADO TOAST

FINELY CHOPPED  
FRESH FRUIT MEDLEY

### LUNCH & ALTERNATIVE

TOMATO AND  
MASCARPONE PASTA  
  
(ALLERGENS:  
WHEAT, DAIRY, CEREALS  
MAY CONTAIN GLUTEN)

CHEESY TOMATO AND  
BUTTERNUT SQUASH  
WITH HEARBY LAMB  
SERVED WITH GARLIC  
BREAD  
  
VE: BROWN LENTILS  
AND CHICKPEA  
  
(ALLERGENS:  
DAIRY)

CHICKEN TAGINE  
SERVED WITH PEARL  
COUSCOUS  
  
VE: CHICKPEA AND  
VEGETABLES TAGINE  
  
(ALLERGENS:  
WHEAT, CEREALS MAY  
CONTAIN GLUTEN)

BELGIAN-STYLE  
CHICKEN AND  
VEGETABLES STEW

SALMON AND TOMATO  
PASTA AND PEAS  
  
VE: SOYA CHUNKS  
TOMATO PASTA AND  
PEAS  
  
(ALLERGENS:  
FISH, WHEAT, CEREAL  
MAY CONTAINS GLUTEN)

### SNACK

FINELY CHOPPED  
FRUIT MEDLEY

BREAD STICKS WITH  
YOGURT DIP

MASHED BANANA ON  
TOAST

MINI PITTA BREAD  
WITH HUMMUS

MASHED BANANAS  
WITH TOAST

### DINNER & ALTERNATIVE

CHICKPEA AND  
POTATO CURRY  
SERVED WITH  
BASMATI RICE  
  
(ALLERGENS:  
WHEAT, SOYA, CEREALS  
MAY CONTAIN GLUTEN)

BAKED PASTRIES  
STUFFED WITH  
SPINACH, SWEET  
CORN OR SOY MINCE  
  
(ALLERGENS:  
WHEAT, SOYA, CEREALS  
MAY CONTAIN GLUTEN)

LENTIL AND  
VEGETABLE CURRY  
WITH PITA BREAD  
  
(ALLERGENS:  
WHEAT, DAIRY, CEREALS  
MAY CONTAIN GLUTEN)

VEGETABLE SOUP  
(LEeks, POTATO,  
CARROT, ONION)  
SERVED WITH  
GARLIC BREAD

VEGGIE ORZO BAKE  
  
(ALLERGENS:  
WHEAT, CEREALS MAY  
CONTAIN GLUTEN)

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REPLACED WITH A SUITABLE  
ALTERNATIVE INGREDIENT IN LINE  
WITH FOOD STANDARDS GUIDELINES

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## JANUARY MENU

WEEK 3

Thursday World Day Focus:  
CANADA

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

### BREAKFAST

CREAMY PORRIDGE,  
TOAST, WARM MILK,  
FRESH FRUITS

### SNACK

AVOCADO TOAST

FINELEY CHOPPED  
FRESH FRUITS  
MEDELEY

CRUDITS(FINELY  
CHOPPED WITH  
CREAM CRACKERS  
AND CHEESE

FINELEY CHOPPED  
FRESH FRUITS

SAUTEED BLUE  
BERRIES ON COTTAGE  
CHEESE

### LUNCH & ALTERNATIVE

SWEET POTATO AND  
PEA PASTA  
  
(ALLERGENS:  
WHEAT, CEREALS MAY  
CONTAIN GLUTEN)

BUTTER CHICKEN  
MEATBALLS SERVED  
WITH CORIANDER  
RICE

VE: FALAFEL  
ALTERNATIVE  
  
(ALLERGENS:  
WHEAT, CEREALS MAY  
CONTAIN GLUTEN)

COD AND SALMON PIE  
  
VE: LENTIL, CHICKPEAS  
AND SOYA PIE

(ALLERGENS:  
FISH, WHEAT, CEREALS  
MAY CONTAIN GLUTEN)

CANADIAN  
TOURTIERE- (MEAT  
PIE)

(ALLERGENS: DAIRY,  
WHEAT, CEREALS MAY  
CONTAIN GLUTEN)

CHICKEN SPAGHETTI  
WITH TOMATO AND  
PEAS

VE: CREAMY TOMATO  
SOYA CHUNKS  
  
(ALLERGENS:  
WHEAT, CHEESE,  
CEREALS MAY CONTAIN  
GLUTEN)

### SNACK

BERRY COMPOTE  
SERVED OVER GREEK  
YOGURT

OVEN BAKED TOMATO  
AND CHEESE TOAST

CHEESE AND TOMATO  
ON TOAST

RICE CRACKERS WITH  
HUMMUS

RED  
SMOOTHIE(STRAW  
BERRIES, MANGO,  
BANANA, MILK)

### DINNER & ALTERNATIVE

SLOW COOKED BLACK  
BEANS WITH ONIONS,  
GARLIC, AND SPICES  
SERVED WITH GARLIC  
BREAD.  
  
(ALLERGENS:  
WHEAT, DAIRY, CEREALS  
MAY CONTAIN GLUTEN)

HIDDEN VEG Gnocchi  
BAKE

PUMPKIN AND PEA  
RISOTTO

CANADIAN  
TRADITIONAL SPLIT  
PEA SOUP SERVED  
WITH GARLIC BREAD  
  
(ALLERGENS:  
WHEAT, CEREALS MAY  
CONTAIN GLUTEN)

HIDDEN VEG  
QUESADILLAS  
  
(ALLERGENS:  
WHEAT, CEREALS MAY  
CONTAIN GLUTEN)

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## JANUARY MENU

WEEK 4

Thursday World Day Focus:  
DENMARK

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

### BREAKFAST

CREAMY PORRIDGE,  
TOAST, WARM MILK,  
FRESH FRUITS

### SNACK

RICE CRACKERS WITH  
HUMMUS

RED SMOOTHIE  
(MILK, STRAWBERRY,  
MANGO, BANANA)

BERRY COMPOTE  
SERVED OVER GREEK  
YOGURT

FINELY CHOPPED  
FRESH FRUIT MEDLEY

OVEN BAKED TOMATO  
AND CHEESE TOAST

### LUNCH & ALTERNATIVE

MARMITE MUSHROOM  
AND MINCE BEEF  
SPAGHETTI

SHEPARDS PIE  
(ALLERGENS:  
DAIRY)

TOMATO ORZO WITH  
CHICKEN AND RED  
PEPPER

DANISH BEEF  
MEATBALL WITH  
MASHED POTATOES  
AND GRAVY

TUNA PESTO PASTA  
VE: CHEESY  
SWEETCORN PASTA

VE: CREAMY TOMATO  
PEAS SPAGHETTI

(ALLERGENS:  
WHEAT, DAIRY, CEREALS  
MAY CONTAIN GLUTEN)

(ALLERGENS:  
WHEAT, CEREALS MAY  
CONTAIN GLUTEN)

(ALLERGENS:  
WHEAT, CEREALS MAY  
CONTAIN GLUTEN)

(ALLERGENS:  
WHEAT, DAIRY, CEREALS  
MAY CONTAIN GLUTEN)

### SNACK

FINELY CHOPPED  
FRESH FRUITS  
MEDLEY

AVOCADO TOAST

FINELY CHOPPED  
FRESH FRUIT MEDLEY

FINELEY CHOPPED  
FRESH FRUITS  
MEDLEY

FINELEY CHOPPED  
FRESH FRUIT MEDLEY

### DINNER & ALTERNATIVE

BEAN STEW WITH  
LEAN MEAT AND RICE

VE: SPINACH AND  
LENTIL WITH RICE

SLOW COOKED BEANS  
WITH VEGGIES  
SERVED WITH GARLIC  
BREAD

(ALLERGENS:  
WHEAT, DAIRY, CEREALS  
MAY CONTAIN GLUTEN)

CHEESY BROCCOLI  
AND TOMATO ORZO

(ALLERGENS:  
WHEAT, DAIRY, CEREALS  
MAY CONTAIN GLUTEN)

DANISH STYLE  
POTATO AND ROOT  
VEGETABLES SOUP

RAINBOW COUSCOUS  
(ALLERGENS:  
WHEAT, CEREALS MAY  
CONTAIN GLUTEN)

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