



JANUARY MENU

WEEK 1

Thursday World Day Focus:
GREECE

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	CREAMY PORRIDGE, TOAST, WARM MILK, FRESH FRUITS	CREAMY PORRIDGE, TOAST, WARM MILK, FRESH FRUITS	CREAMY PORRIDGE, TOAST, WARM MILK, FRESH FRUITS	CREAMY PORRIDGE, TOAST, WARM MILK, FRESH FRUITS	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

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
BREAKFAST	CREAMY PORRIDGE, TOAST, WARM MILK, FRESH FRUITS	CREAMY PORRIDGE, TOAST, WARM MILK, FRESH FRUITS	CREAMY PORRIDGE, TOAST, WARM MILK, FRESH FRUITS	CREAMY PORRIDGE, TOAST, WARM MILK, FRESH FRUITS	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	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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JANUARY MENU

WEEK 3

Thursday World Day Focus:
CANADA

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	CREAMY PORRIDGE, TOAST, WARM MILK, FRESH FRUITS	CREAMY PORRIDGE, TOAST, WARM MILK, FRESH FRUITS	CREAMY PORRIDGE, TOAST, WARM MILK, FRESH FRUITS	CREAMY PORRIDGE, TOAST, WARM MILK, FRESH FRUITS	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	CREAMY PORRIDGE, TOAST, WARM MILK, FRESH FRUITS	CREAMY PORRIDGE, TOAST, WARM MILK, FRESH FRUITS	CREAMY PORRIDGE, TOAST, WARM MILK, FRESH FRUITS	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 VE: CREAMY TOMATO PEAS SPAGHETTI (ALLERGENS: WHEAT, DAIRY, CEREALS MAY CONTAIN GLUTEN)	SHEPARDS PIE (ALLERGENS: DAIRY)	TOMATO ORZO WITH CHICKEN AND RED PEPPER (ALLERGENS: WHEAT, CEREALS MAY CONTAIN GLUTEN)	DANISH BEEF MEATBALL WITH MASHED POTATOES AND GRAVY (ALLERGENS: WHEAT, CEREALS MAY CONTAIN GLUTEN)	TUNA PESTO PASTA VE: CHEESY SWEETCORN PASTA (ALLERGENS: WHEAT, DAIRY, CEREALS MAY CONTAIN GLUTEN)
SNACK	FINELY CHOPPED FRESH FRUITS MEDELEY	AVOCADO TOAST	FINELY CHOPPED FRESH FRUIT MEDLEY	FINELEY CHOPPED FRESH FRUITS MEDELEY	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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