

# Lunch Menu

## May 30th to June 10th

# 37 MAD

Per lunch

## Week 5

### Monday

<b>Starter 1</b> Carrot and Zucchini With Avocado Cucumber Sauce	8 2 10 130
<b>Starter 2</b> cucumber sticks with hummus dip	5 16 4 120
<b>Main dish 1</b> Skinny Chicken	5 4.5 146
<b>Main dish 2</b> One-Pot spaghetti	8 17 22 332
<b>Dessert 1</b> Selection from fruits variation	1 0 10 94
<b>Dessert 2</b> Selection from yogurts variation	7 2 9 117

**DAY OFF**

### Tuesday

<b>Starter 1</b> Egg Salad	11 09 20 205
<b>Starter 2</b> Veggie soup	6 9 6 114
<b>Main dish 1</b> Bolognese penne	26 20 21 373
<b>Main dish 2</b> Vegan Bolognese	5 4 35 200
<b>Dessert 1</b> Selection from fruits variation	1 0 10 94
<b>Dessert 2</b> Selection from yogurts variation	7 2 9 117

### Wednesday

<b>Starter 1</b> Chinese chicken orange salad	10 5 20 165
<b>Starter 2</b> Beetroot with orange	4 2 6 78
<b>Main dish 1</b> Sesame chicken stir-fry	21 19 41 419
<b>Main dish 2</b> Succotash	07 02 35 186
<b>Dessert 1</b> Selection from fruits variation	1 0 10 94
<b>Dessert 2</b> Selection from yogurts variation	7 2 9 117

### Thursday

<b>Starter 1</b> Italienne salade	4 13 6 122
<b>Starter 2</b> Lentil soup	13 9 30 253
<b>Main dish 1</b> Lemon pepper baked chicken	12 10 42 466
<b>Main dish 2</b> Spring panzanella	11 6 36 242
<b>Dessert 1</b> Selection from fruits variation	1 0 10 94
<b>Dessert 2</b> Selection from yogurts variation	7 2 9 117

### Friday

<b>Starter 1</b> Lben	3 1 4 52
<b>Starter 2</b> Warm sweet potato noodles, cabbage and lentil salad	2 4 19 195
<b>Main dish 1</b> Couscous	20 1 30 354
<b>Main dish 2</b> Roasted cauliflower tacos	15 18 55 442
<b>Dessert 1</b> Selection from fruits variation	1 0 10 94
<b>Dessert 2</b> Selection from yogurts variation	7 2 9 117

## Week 6

### Monday

<b>Starter 1</b> Vegan ceasar salad	2 05 21 215
<b>Starter 2</b> Green soupe	2 20 16 232
<b>Main dish 1</b> Classic roast chicken and veggies	35 34 20 465
<b>Main dish 2</b> The ultimate fall salad	12 15 11 207
<b>Dessert 1</b> Selection from fruits variation	1 0 10 94
<b>Dessert 2</b> Selection from yogurts variation	7 2 9 117

### Tuesday

<b>Starter 1</b> Classic Bruschetta	4 6 18 142
<b>Starter 2</b> Cucumber Sticks whit sour cream dip	4 17 20 264
<b>Main dish 1</b> Chili con carne	19 18 41 402
<b>Main dish 2</b> Vegan chili con carne	5 10 41 274
<b>Dessert 1</b> Selection from fruits variation	1 0 10 94
<b>Dessert 2</b> Selection from yogurts variation	7 2 9 117

### Wednesday

<b>Starter 1</b> Potato gratin stacks	4 9 27 295
<b>Starter 2</b> Black bean and corn salad	14 09 20 217
<b>Main dish 1</b> Macaroni cheese with vegetables	6 14 41 449
<b>Main dish 2</b> Vegan classic macaroni	6 05 35 209
<b>Dessert 1</b> Selection from fruits variation	1 0 10 94
<b>Dessert 2</b> Selection from yogurts variation	7 2 9 117

### Thursday

<b>Starter 1</b> Spring green salad	13 17 5 165
<b>Starter 2</b> Quinoa salad	3 6 23 243
<b>Main dish 1</b> Creamy chicken	34 25 33 533
<b>Main dish 2</b> B'Healthy burritos	9 3 20 228
<b>Dessert 1</b> Selection from fruits variation	1 0 10 94
<b>Dessert 2</b> Selection from yogurts variation	7 2 9 117

### Friday

<b>Starter 1</b> Lben	3 1 4 52
<b>Starter 2</b> vegan sweet potato and dal	3 13 15 199
<b>Main dish 1</b> Couscous	20 1 30 354
<b>Main dish 2</b> Vegan fried rice	8 4 22 246
<b>Dessert 1</b> Selection from fruits variation	1 0 10 94
<b>Dessert 2</b> Selection from yogurts variation	7 2 9 117

PROTEIN ■ FAT (SATURATED) ■ CARBOHYDRATE ■ CALORIES ■