

VEGETARIAN

MARCH



Monday, 03 March	Tuesday, 04 March	Wednesday, 05 March	Thursday, 06 March	Friday, 07 March
Soup or raw vegetables	Soup or raw vegetables	Soup or raw vegetables	Soup or raw vegetables	Soup or raw vegetables
Tomato rigatoni Pea protein and coco beans	Wheat and pea tender Homemade ketchup Raw vegetable salad Grilled panini	Quorn navarin Green lentils Organic bulgur	Vegetable cordon bleu Peas and carrots Sautées potatoes	Stuffed zucchini Tomato sauce Broccoli Rice
Seasonal fruit	Dairy	Seasonal fruit	Seasonal fruit	Seasonal fruit
Monday, 10 March	Tuesday, 11 March	Wednesday, 12 March	Thursday, 13 March	Friday, 14 March
Soup or raw vegetables	Soup or raw vegetables	Soup or raw vegetables	Canja de galinha	Soup or raw vegetables
Vegetable and chickpea curry Duo of zucchini Jasmine rice	Dahl of lentils Vegetable trio Gnocchetti sardi pesto	Broccoli nuggets Caesar salad Orzo	Omelette Feijão salad Garlic and paprika grenailles	Falafel Tartare Tomato / cucumber / corn Purée
Seasonal fruit	Seasonal fruit	Dairy	Pastei de nata	Seasonal fruit
Monday, 17 March	Tuesday, 18 March	Wednesday, 19 March	Thursday, 20 March	Friday, 21 March
Soup or raw vegetables	Soup or raw vegetables	Soup or raw vegetables	Soup or raw vegetables	Caprese salad
Tortellini Spinach and Ricotta Tomato Sauce	Vegan gyros Rice	Cauliflower and cheese galette Vegetable mix Steamed potatoes	Quorn tagine with olives Semolina	Spring lasagna
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Yogurt ice cream / red fruit
Monday, 24 March	Tuesday, 25 March	Wednesday, 26 March	Thursday, 27 March	Friday, 28 March
Soup or raw vegetables	Soup or raw vegetables	Soup or raw vegetables	Soup or raw vegetables	
Pizza Margherita Seasonal salad	Veggie meatballs Tomato sauce Raw vegetable salad Fries	Vegetarian pasticcio Broccoli and chickpeas	Pepper and potato tortillas Stir-fried vegetables	Eggplant with feta Cauliflower Heart of wheat
Dairy	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit