



## Menu example

Week 1	Snack	Lunch	Snack
Monday	Cereal	Lentils and bulgur rice with yoghurt	Homemade carrot cake
Tuesday	Bread with jam	Macaroni cheese	Vegetable soup
Wednesday	Fruit	Homemade hamburgers and tasty turnip puree	Lentil soup
Thursday	Cheese toasty	Spinach with mince meat and pasta	Apple crumble
Friday	Fruit	Tuna fish sandwiches with beet salad with cheese	Vegetable soup

Week 2	Snack	Lunch	Snack
Monday	Cereal	Cheese and potato pastry with Turkish cacik	Vegetable soup
Tuesday	Fruit	Organic chicken and vegetable curry wraps	Pancakes
Wednesday	Fruit yoghurt	Vegetable hot pot	Cheese toasty
Thursday	Turkish simit with cheese	Leek beef burgers with pasta and salad	Vegetable soup
Friday	Fruit	Eggy sandwiches with turnip salad	Homemade cookies

Week 3	Snack	Lunch	Snack
Monday	Cereal	Fish cakes with green salad	Noodle soup
Tuesday	Fruit	Vegetable lasagne	Homemade cookies
Wednesday	Fruit yoghurt	Spinach with mince meat and bulgur rice	Vegetable soup
Thursday	Turkish simit with cheese	Spaghetti bolognese mixed with carrots topped with cheese	Homemade lemon cake
Friday	Fruit	Cheese and tomato sandwiches with roquette salad	Vegetable soup

Week 4	Snack	Lunch	Snack
Monday	Cereal	Chickpeas with meat and pasta	Noodle soup
Tuesday	Fruit	Organic chicken and mushroom curry with rice and yoghurt	Vegetable soup
Wednesday	Banana yoghurt	Homemade beef burgers with mashed potato and salad	Pancakes
Thursday	Turkish simit with cheese	Homemade mini pizzas	Vegetable soup
Friday	Fruit	Spinach and cheese muffins with quinoa salad	Homemade cookies

