



SAMPLE MENUS

Below please find some reference menus for your consideration. Also please note that healthy meals shall be prepared upon specific request from Company Representative.

BREAKFAST

Beverages

Tea - Indian, earl grey, lemon, rosehip
 Coffee - filter, decaffeinated, instant
 Cocoa - hot chocolate
 Milk - homogenised, skimmed, culture, light
 3 x Fruit Juice



Sundry

Sugar brown and white, saccharine
 Individual Butter/Margarine including light margarine
 Assorted Sauces, including light types
 Individual Salt/Pepper
 Tooth Picks
 Assorted Yoghurts including light types

Cereals

1 x Breakfast cakes
 3 x Cereals
 1 x Hot cereal

Eggs

2 x Eggs

Rolls

2 x Bread
 2 x Bread toasted
 4 x Crackers
 2 x Pastries

Cold Table

2 x assorted Meats
 2 x assorted Fish
 2 x Cheese
 3 x Fresh Vegetables w/out Dressing

Hot Counter

1 x Hot Item
 1 x Vegetables
 1 x Bacon / Sausages

Jams / Jellies

1 x Honey
 1 x Syrup
 1 x Jams
 2 x Marmalade



	LUNCH	DINNER
MONDAY	<p><i>Chick Peas soup</i> <u>MAIN COURSES</u> <i>Grill veal steak</i> <i>Chicken fricassee</i> <u>GARNIER</u> <i>French fries, Buckwheat</i> <i>Salad Bar (4 salads)</i> <u>DESSERTS</u> <i>Chocolate cake</i> <i>Coffee & Tea & Powdered Drinks</i></p>	<p><i>Chick Peas soup</i> <u>MAIN COURSES</u> <i>Russian cutlet</i> <i>Roast pork leg</i> <u>GARNIER</u> <i>Boiled potatoes, White rice</i> <i>Salad Bar (4 salads)</i> <u>DESSERTS</u> <i>Fruit</i> <i>Coffee & Tea & Powdered Drinks</i></p>
TUESDAY	<p><i>Minestrinni</i> <u>MAIN COURSES</u> <i>Golden Fish Fingers with Tartar Sauce</i> <i>Grilled Sirloins</i> <u>GARNIER</u> <i>Chips</i> <i>Broccoli</i> <i>Carrots</i> <u>DESSERTS</u> <i>Fresh Fruit</i> <i>Coffee & Tea & Powdered Drinks</i></p>	<p><i>Grated Fresh Onion Soup</i> <u>MAIN COURSES</u> <i>Grilled Lamb Chops</i> <i>Pork Chops with Hot Sauce</i> <u>GARNIER</u> <i>Grated Fresh Onion</i> <i>Rice</i> <i>Garden Peas</i> <u>DESSERTS</u> <i>Pudding</i> <i>Coffee & Tea & Powdered Drinks</i></p>
WEDNESDAY	<p><i>Fresh Vegetable Soup</i> <u>MAIN COURSES</u> <i>Cannelloni au Gratin</i> <i>Mixed Kebabs</i> <u>GARNIER</u> <i>French Fries</i> <i>Brussels Sprouts</i> <i>Rice Tomato</i> <u>DESSERTS</u> <i>Fresh Fruit</i> <i>Coffee & Tea & Powdered Drinks</i></p>	<p><i>Tomato Cream Soup</i> <u>MAIN COURSES</u> <i>Louisiana Pork Spare Ribs</i> <i>Red Snapper Fillets</i> <u>GARNIER</u> <i>Baked Potatoes</i> <i>Cauliflower</i> <i>Garden Peas</i> <u>DESSERTS</u> <i>Assorted Cakes</i> <i>Coffee & Tea & Powdered Drinks</i></p>



THURSDAY	<p>Vegetables Soup Salmon Fish Cakes with Mayonnaise Sauce Beef Steak Maitre d'Hotel Chips Fried Rice or Mixed Vegetables Fresh Fruit Coffee & Tea & Powdered Drinks</p>	<p>Spring's Soup Veal Blanket Hamburger Mashed Potatoes White Cabbage or Steamed Spinach Fresh Fruit Coffee & Tea & Powdered Drinks</p>
FRIDAY	<p>White Beans Soup Chicken Curry Roasted Pork Loin Noisettes Potatoes Broccoli or Baby Carrots Fresh Fruit Coffee & Tea & Powdered Drinks</p>	<p>Cream of Carrots Pizza Napolitana Roasted Eyeround Chips Rice Tayland Style or Ratatouille Fresh Fruit Coffee & Tea & Powdered Drinks</p>
SATURDAY	<p>Asparagus Soup Fish Fillet Florentina Beef Strogonoff Rice Mushrooms or Brussels Sprouts Fresh Fruit Coffee & Tea & Powdered Drinks</p>	<p>Chick Peas Soup Veal Grenadines Chicken a la King Baked Potatoes Green Beans or Garlic Spinach Fresh Fruit Coffee & Tea & Powdered Drinks</p>
SUNDAY	<p>Chicken Broth Soup Pinto Beans Casserole Veal Scollops Cordon Bleu Corn Bread Mexican Style Rice or Chips Fresh Fruit Coffee & Tea & Powdered Drinks</p>	<p>Green Peas Cream Quiche Lorraine Minut Steak French Fries Broccoli or Corn on the Cob Fresh Fruit Coffee & Tea & Powdered Drinks</p>