



VHP -Lunch Menu

Dates: 26.08.24 - 30.08.24

	MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY
NON-VEGETARIAN	Beef lasagna (E)	• Chicken Mandi with Majboos Rice and salata.hara	Beef Slider (E)	Steamed Dory in Sweet & Sour Sauce (F) with Noodles (E) (DF)	Cheese Twist & Juice
VEGETARIAN OPTION	Vegetarian lasagna (V)	Vegetable Mandi With Salata Hara	Mac & Cheese (V)	Vegetable Noodles (E) W/Sweet & Sour (V)(VG)(DF)	Cheese twist & juice
VEGETABLES	Broccoli & Carrots (V)(VG)(DF)(GF)	Steamed Green peas (V)(VG) (DF)(GF)	Baked Potato Wedges (V)(GF)	Wok Tossed Vegetables (V)(VG)(DF)(GF)	
SALAD OF THE DAY	Salad of the Day (V)(VG) (DF)(GF)/Bread Roll	Salad of the Day (V)(VG)(DF)(GF) /Bread Roll	Salad of the Day (V)(VG)(DF)(GF) /Bread Roll	• Salad of the Day (V) VG)(DF)(GF) /Bread Roll	
DESSERT	fruit pot (V) (VG) (GF) (DF)	Mixed Melon pot(V)(VG)(GF)(DF)	Cookie(V)	Madeline (V)(E)	

Average calories per a meal: 580 -650 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (E) – Contains egg / (F) – Fish / (S) - Contains soya



VHP- Lunch Menu

Dates: 02.09.24 - 06.09.24



MONDAY

TUESDAY

WEDNESDAY

**FGREECE
THURSDAY**

FRIDAY

NON-VEGETARIAN	Spaghetti Bolognese (E)	Beef Bourgignon with Rustic potato	Chicken Tikka With Jeera Coconut rice	Stifado with lemon rice (GF)	Chicken Sandwich & Juice
VEGETARIAN OPTION	Spaghetti Marinara With Pomodoro sauce (V)	Mushroom Bourgignon With Rustic Mash potato (v)(VG)	Vegetable Korma with jeera Coconut Rice (V)(DF) (VG)	Chick Pea Moussa With Lemon Rice (V)(VG)(VG)(DF)(GF)	Cheese, Tomato Sandwich & Juice
VEGETABLES	Grilled Med Veg (V)(VG)(DF) (GF)	French Beans (V)(VG)(DF) (GF)	Roasted Carrots (V)(VG) (DF)(GF)	Sautee Cauliflower (V)(VG) (DF)	
SALAD OF THE DAY	Salad of the Day (V)(VG) (DF)(GF) /Bread Roll	Salad of the Day (V)(VG) (DF)(GF) /Bread Roll	Salad of the Day (V)(VG) (DF)(GF) /Bread Roll	Salad of the Day (V)(VG) (DF)(GF) /Bread Roll	
DESSERT	Pineapple pot pot (V)(VG) (DF)	Banana Bread (V) (E)	Vanilla Muffin (V)(E)	Chocolate Chip Cookie (v) (VG)(DF)	

Average calories per a meal: 580 -650

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (E) – Contains egg / (F) – Fish / (S) - Contains



VHP- Lunch Menu

Dates: 09.09.24 - 13.09.24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NON-VEGETARIAN	Beef Tacos With Vegetarian Chilli con carne	Breaded Dory in Lemon Sauce (F)(E)	Chicken Fricassee With Rustic Mash (GF)	Beef Teriyaki with Noodles (E)(S)	Turkey Cheese Sandwich & Juice (V)
VEGETARIAN OPTION	Soft Tacos With Vegetarian Chilli Con Carne (V)	Moroccan Tomato Couscous (V)(VG)(DF)	Chick pea Picadillo with Fragrant Rice (V)(GF)	Tofu Teriyaki w/ Vegetable Noodles (E)(S)(V)(DF)	Cheese, Coleslaw (v) Sandwich & Juice
VEGETABLES	Sweet Corn (V)(VG)(DF)(GF)	Mediterranean Roasted Vegetables (V)(VG)(DF)(GF)	Steamed Green Beans (V)(VG)(DF)(GF)	Stir Fry Vegetables (V)(VG)(GF)(DF)	
SALAD OF THE DAY	Salad of the Day (V)(VG)(DF)(GF) /BreadRoll	Salad of the Day (V)(VG)(DF)(GF) /Bread Roll	Salad of the Day (V)(VG)(DF)(GF) /Bread Roll	Salad of the Day (V)(VG)(DF)(GF) /Bread Roll	
DESSERT	Blueberry & oat muffin (E) (V)	Apple pot (V (VG)(GF)(DF)	Madeline (v) (E)	Fruit Yoghurt (v)	

Average calories per a meal: 580 -650 calories

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VHP- Lunch Menu

Dates: 16.09.24 - 20.09.24



	MONDAY	TUESDAY	WEDNESDAY	SOUTH KOREA THURSDAY	FRIDAY
NON-VEGETARIAN	Chicken Kabsa W/ Mint Labneh	Poulet Au Paprika with Roast Potato (GF)	Baked Dory in Pink Sauce With Fusilli pasta (F)	Bulgogi with Fragrant Rice	Cheese Manakish & Juice
VEGETARIAN OPTION	Mixed vegetables kabsa with mint labneh (v)(vG)(DF)(E)	Vegetable Stew with Roast potato (V)(VG)	Fusilli Pasta in Pink Sauce (V)	Japchae (Stir Fried Noodle with mixed vege (v)(e)	Cheese Manakish & juice
VEGETABLES	Sauteed Broccoli W/(V)(VG)	Greek Beans (V)(VG)(DF)(GF)	Med Veg with Nut Free Pesto (V)(GF)	Kongnamul Muchim	
SALAD OF THE DAY	Salad of the Day (V)(VG)(DF)(GF) /Bread Roll	Salad of the Day (V)(VG)(DF)(GF) /Bread Roll	Salad of the Day (V)(VG)(DF)(GF) /Bread Roll	Salad of the Day (V)(VG)(DF)(GF) /Bread Roll	
DESSERT	Ginger snap cookie(V)(E)	Mixed Melon pot(V)(VG)(GF)(DF)	Flapjack (V)	Orange Financier (V)	

Average calories per a meal: 580 -650 calories

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VHP - Lunch Menu

Dates: 23.09.24 - 27.09.24



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NON-VEGETARIAN	Fish & Chips With Homemade Tartar Sauce (F)	Chicken Salona With Saffron Rice (V)(DF)	Beef Stronganoff With Egg Noodles (E)(S)	Sweet & Sour Chicken w/ Garlic Rice (DF)	Turkey Ham & Cheese Stuffed Croissant & Juice
VEGETARIAN OPTION	mediterranean Penne Pasta Bake (V)	Vegetable Salona With Saffron Rice (V)(DF)	Mushroom Stronganoff With Egg Noodles (E)(S)	Sweet & Sour Tofu w/ Garlic Rice (V)(VG)(GF)(DF)	Cheese Stuffed Croissant & Juice
VEGETABLES	Pan Roasted Carrots (V)(VG)(GF)(DF)	Steamed Broccoli (V)(VG)(DF)(GF)	Sauted green pea (V)(VG)(DF)(GF)	sauteed snow peas (V)(VG)(GF)(DF)	
SALAD OF THE DAY	Salad of the Day (V)(VG)(DF)(GF) Bread Roll	Salad of the Day (V)(VG)(DF)(GF) /Bread Roll	Salad of the Day (V)(VG)(DF)(GF) /Bread Roll	Salad of the Day (V)(VG)(DF)(GF) /BreadRoll	
DESSERT	Madeline (v)(E)	Fruit Pot (v)(VG)(GF)(DF)	Dark chocolate chip cookie (V)	Vanilla muffin	


Average calories per a meal: 580 -650 calories

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VHF - Lunch Menu

Dates: 30.09.24-04.10.24

	MONDAY	TUESDAY	WEDNESDAY	JAMAICA THURSDAY 	FRIDAY
NON-VEGETARIAN	Beef Chow Mein (V)(VG) (DF)	Shepherds Pie	Thai Baked Dory w/ Sticky Rice & Fragrant Soy sauce	Jerk Chicken With Rice (J)	Turkey ham sandwich & Yoghurt
VEGETARIAN OPTION	Vegetable Chow mein (V)(VG)(DF)	Vegetarian Shepherds Pie (V)	Thai baked Eggplant w/ Sticky Rice (V)(VG)(DF)(S)(GF)	Callaloo With Rice (V)(VG) (DF)	Cheese sandwich & Juice
VEGETABLES	Beans Sprout With Edimami	Minted Peas (V)(VG)(DF) (GF)	Steamed Kangkong (V) (VG)(DF)(S)(GF)	Roasted Carrots (V)(VG) (DF)	
SALAD OF THE DAY	Salad of the Day (V) (VG)(DF)(GF)/ Bread Roll	Salad of the Day (V) (VG)(DF)(GF) /Bread Roll	Salad of the Day (V)(VG) (DF)(GF) Bread Roll	Salad of the Day (V)(VG)(DF) (GF) Bread Roll	
DESSERT	Fruit Yoghurt (v)	Vanilla Muffin (V)(E)	Plain Overnight oats w/honey (V)	Fruit pot (v)(VG)(GF)(DF)	

Average calories per a meal: 580 -650 calories

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