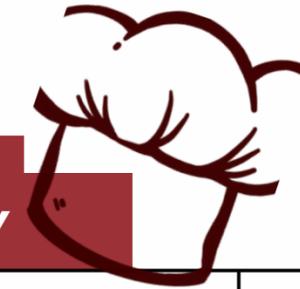




VHP CANTEEN MENU - LUNCH WITH AM SNACKS

Dates: 25.08.25-29.08.25



MONDAY

TUESDAY

WEDNESDAY

GOURMET THURSDAY

FRIDAY

NON -VEGETARIAN OPTION	Fish cake (F) in lemon sauce with Mediterranean Couscous	Honey Glazed Chicken With Garlic Rice(V)	Beef Slider	Chicken Rigatoni	Cheese Twist & juice V)
VEGETARIAN OPTION	Mediterranean Vegetables W/ Tomato Couscous	Honey Glazed Tofu with Garlic Rice	Halloumi & Mushroom Slider With Tomato Chutney (V)	Vegetarian Rigatoni (V)	Cheese Twist & Juice (V)
VEGETABLES	Sweet Corn & Carrots (V)(VG)(DF)GF)	Stir Fry Vegetables (V)(VG)(DF)(GF)	Baked chips (V)(VG)(DF)(GF)	Steamed Broccoli (V)(VG)(GF)	
SALAD OF THE DAY	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad Of The Day(V)Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Classic Caesar Salad/ Bread roll (V)(VG)(GF)(DF)	
DESSERT	Dessert Of The Day	Dessert of The Day	Dessert Of The Day	Mixed Melon pot (V)(VG)(GF) (DF)	

Average calories per day: 580-720 calories

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

VHP CANTEEN MENU - LUNCH WITH AM SNACKS



Dates:01.09.25-05.09.25

MONDAY

TUESDAY

WEDNESDAY

AMERICAN THURSDAY



FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	AMERICAN THURSDAY	FRIDAY
NON -VEGETARIAN OPTION	Baked Fish Nuggets (F) With Baked New Potatoes & Homemade Tartar Sauce	Chicken Kabsa	Beef Lasagna	Chicken Hot Dog Stuffed Baked Potatoes	Turkey Cheese Sandwich & Juice
VEGETARIAN OPTION	Baked Beans With Baked New Potatoes & Homemade Tatar Sauce (V)	Vegetable Kabsa (V)	Vegetarian Lasagna (V)	Vegetarian Jambalaya (V)	Cheese Sandwich & Juice (V)
VEGETABLES	Sweet Corn and Peas (V)(VG)(DF) (GF)	Sauteed Snow Peas (V)(VG)(DF) (GF)	Pan Roasted Carrots (V)(VG)(DF) (GF)	Southern Corn on the cob (V)(VG)(DF) (GF)	
SALAD OF THE DAY	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	American Coleslaw (V) (VG) (GF) (DF)/ Bread Roll	
DESSERT	Dessert Of The Day	Dessert Of The Day	Dessert Of The Day	Apple pie	

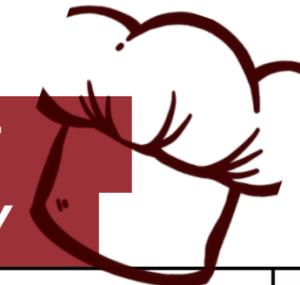
Average calories per day: 580-720 calories

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



VHP CANTEEN MENU - LUNCH WITH AM SNACKS

Dates: 08.09.25-12.09.25



	MONDAY	TUESDAY	WEDNESDAY	GOURMET THURSDAY	FRIDAY
NON -VEGETARIAN OPTION	Fish (F) Teriyaki with Egg Noodles	Beef Stroganoff With Mashed Potato	Chicken Tikka With Jeera Rice	Beef Bolognese With Penne pasta	Chicken Sandwich & Juice
VEGETARIAN OPTION	Vegetable Teriyaki With Egg Noodles (V)(DF)	Mushroom Stroganoff With Mashed potato (V)	Vegetable Tikka with Jeera Rice (V)	Tomato Sauce With Penne Pasta(V)	Cheese Sandwich & Juice (V)
VEGETABLES	Steamed Broccoli (V) (VG) (DF)(GF)	Steamed Snow Peas (V) (VG)(DF)(GF)	Pan Roasted Carrots (V) (VG)(DF)(GF)	Grilled Mediterranean Vegetables (V)(VG)(DF)(GF)	
SALAD OF THE DAY	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Garden Salad (V) (VG) (GF) (DF)/ Bread Roll	
DESSERT	Dessert of the day	Dessert of the day	Dessert of the day	Banana Pudding (V)	

Average calories per day: 580 -720 calories

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



VHP CANTEEN MENU - LUNCH WITH AM SNACKS

Dates:15.09.25-19.09.25



MONDAY

TUESDAY

WEDNESDAY

MEXICAN THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	MEXICAN THURSDAY	FRIDAY
NON -VEGETARIAN OPTION	Fish Machboos With Tomato Sauce	Chicken Alfredo With Fusilli Pasta	Beef Bourguignon With Mashed Potato	Chicken Quesadilla w/ Mexican Rice & Beans	Cheese Manakish & Full fat (V)
VEGETARIAN OPTION	Vegetable Casserole With Steamed Rice	Mushroom Alfredo with Fusilli Pasta	Mushroom Bourguignon With Mashed Potato (V)	Corn Quesadilla W/ Mexican Rice & Beans (V)	Cheese Manakish & Juice (V)
VEGETABLES	Corn On the Cob (V)(VG) (DF)(GF)	Sauteed Broccoli (V)(VG) (DF)(GF)	French Beans (V)(VG)(DF)(GF)	Sauteed Capsicum w/ Sour Yogurt, Mild Mexican Sasa, Grilled Lime (V)	
SALAD OF THE DAY	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Mexican Chopped Salad Tortilla Bread (V) (VG) (GF) (DF)/ Bread Roll	
DESSERT	Dessert of the Day	Dessert of the Day	Dessert Of The Day	Mango Pudding	

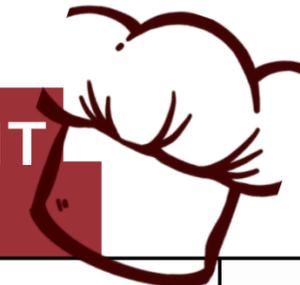
Average calories per day: 580 -720 calories

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



VHP CANTEEN MENU - LUNCH WITH AM SNACKS

Dates: 22.09.25-26.09.25



	MONDAY	TUESDAY	WEDNESDAY	GOURMET THURSDAY	FRIDAY
NON -VEGETARIAN OPTION	Chicken chow Mein	Fish (F) Fish (F) Finger With Lemon Rice	Beef Cottage Pie	Baked Chicken Nuggets & Baked Chips with Homemade Tomato Sauce	Turkey Cheese Stuffed Croissant & Juice (V)
VEGETARIAN OPTION	Vegetable Chow Mein	Vegetable Stew W/ Lemon Rice (V)	Vegetarian Cottage pie (V)	Mac and Cheese (V)	Cheese Stuffed Croissant & Juice (V)
VEGETABLES	Steamed Beans (V)(VG)(DF) (GF)	Steamed Green Peas (V) (VG)(DF)(GF)	Minted Peas (V)(VG)(DF)(GF)	Sweet Corn (V)(VG)(DF)(GF)	
SALAD OF THE DAY	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Classic Potato Salad (V) (VG) (GF) (DF)/ Bread Roll	
DESSERT	Dessert of the Day	Dessert of the Day	Dessert Of The Day	Mixed Seasonal Fruit pot	

Average calories per a day: 580 -720 calories

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



VHPS CANTEEN MENU - LUNCH WITH AM & SNACKS

Dates: 29.9.25 - 03.10.25

MONDAY

TUESDAY

WEDNESDAY

LEBANESE THURSDAY



FRIDAY

NON -VEGETARIAN OPTION	Chicken Sausage & Mash Potato With Onion Gravy	Baked Fish (F) Nuggets In Pink Sauce with Fusilli Pasta	Beef Stir Fry With Egg Noodles	Chicken Shawarma	Turkey Ham Sandwich & Juice
VEGETARIAN OPTION	Vegetarian Meatballs & Mash Potato With Onion Gravy (V) (V)	Fusilli Pasta In Pink Sauce (V)	Vegetable stir Fry with Egg Noodles (V)	Falafel Wrap (V)	Cheese Sandwich & Juice (V)
VEGETABLES	Steamed Carrots (V) (VG) (GF) (DF)	Mediterranean Vegetables with Nut Free Pesto (V) (VG) (GF)	Broccoli With Edamame (V)(VG)(GF)	Riz bi Sh 'arieh (Lebanese Rice With Vericelli) (V)(VG)(GF)	
SALAD OF THE DAY	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day (V) (VG) (GF) (DF)/ Bread Roll	Salad of the day/ Bread Roll (V) (VG)(DF)(GF)	Garlic Toum, Pickles, Tomato Bread Roll (V)(VG)(DF)(GF)	
DESSERT	Dessert of the Day	Dessert of the Day	Dessert of the Day	Ma'amoul (Date Cookies) (v)	

Average calories per day: 580 -720 calories

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