




























MARBELLA MONTESSORI LUNCH MENU

ALL MEALS INCLUDE A SALAD BUFFET

May 2021

WEEK 1	MONDAY - 3	TUESDAY - 4	WEDNESDAY - 5	THURSDAY - 6	FRIDAY - 7
1 COURSE	Beef lasagne	Pulled pork	Beef stew	Maroccan spiced Chicken	Fishfingers
VEGETARIAN	Vegetarian lasagne	Chickpea curry	Veggie meatballs in tomato sauce	Vegetarian curry	Chickenless nuggets
GARNISH	Steamed broccoli	Baked carrots / Boiled potatoes	Pasta / Veggie stir fry	Rice / green beans	Cauliflower gratin / Roast potatoes
DESERT	Yoghurt	Fruit salad	Yoghurt	Fruit salad	Yoghurt
ALLERGY AWARENESS	 		 	 	 
WEEK 2	MONDAY - 10	TUESDAY - 11	WEDNESDAY - 12	THURSDAY - 13	FRIDAY - 14
1 COURSE	Roasted turkey in gravy	Bbq chicken thighs	Chilli con carne	Pulled pork	Salmon fish cakes
VEGETARIAN	Mac & cheese	Vegetarian chickpea stew	Veggie Chili	Vegetarian spring rolls	Vegetarian paella
GARNISH	Corn on the cob / Yellow rice	Mash potato / Steamed veggie mix	White rice / Sauteed veggie mix	Herb roasted baby potatoes / Broccoli	Spanish tortilla/Onion peper stir fry
DESERT	Yoghurt	Fruit salad	Yoghurt	Fruit salad	Yoghurt
ALLERGY AWARENESS	  	 	  	   	  

WEEK 3	MONDAY - 17	TUESDAY - 18	WEDNESDAY - 19	THURSDAY - 20	FRIDAY - 21
1 COURSE					
VEGETARIAN					
GARNISH					
DESERT					
ALLERGY AWARENESS					
WEEK 4	MONDAY - 24	TUESDAY - 25	WEDNESDAY - 26	THURSDAY - 27	FRIDAY - 28
1 COURSE	Chicken paella	Pasta carbonara	Meatballs in tomato sauce	Pork in gravy	Fish cakes
VEGETARIAN	Vegetarian paella	Veggie carbonara	Falafel in tomato sauce	Chickpea curry	Vegetarian meatloaf
GARNISH	Quinoa veggie salad / Steamed green beans	Pasta / Curries cauliflower	Roast potatoes / Onion and peppers stir fry	White rice / Veggie mix	Mash potatoes / Steamed broccoli
DESERT	Yoghurt	Fruit salad	Yoghurt	Fruit salad	Yoghurt
ALLERGY AWARENESS	