



Lunch menu week 38

16/09 - 20/09

ALMA sustainable catering

MON

Sandwich/Wrap	M: Turkey Bagel Melt with Honey Dijon Spread	GLUTEN, SESAME, MILK, MUSTARD
	V/VG: Bagel with Smoked Paprika Hummus & Scrambled Tofu	GLUTEN, SOY, SESAME
Power Salad	M: Couscous salad with chicken, artichoke & raisins	GLUTEN
	V/VG: Couscous salad with aubergine, artichoke & raisins	GLUTEN
Soup	Tomato soup	

TUE

Warm meal	M: Roast bone-in chicken thigh with roasted potato & carrot	
	V/VG: Vegetable & tofu patty with roasted potato & carrot	GLUTEN, SOY
Side Salad	Greek salad	
Soup	Lemony Chickpea Soup	

WED

Sandwich/Wrap	M: Chicken ham & fried eggs sandwich	GLUTEN, MILK, MUSTARD, EGGS
	V/VG: VEGAN cheese & avocado sandwich	GLUTEN, SOY
Power Salad	M/V: Roasted beetroot & mozzarella salad	MILK
	VG: Roasted beetroot & VEGAN cheese	SOY
Soup	Red lentil soup	

THU

Warm meal	M: Beef tajine with aromatic bulgur	GLUTEN
	V/VG: Roasted vegetable tajine with aromatic bulgur	GLUTEN
Side Salad	Moroccan salad with carrots, orange and almonds	NUTS
Soup	Creamy zucchini soup	

FRI

Warm meal	M: Roast chicken with quinoa	SOY
	V/VG: Roasted aubergine with quinoa	SOY
Side Salad	Roasted pumpkin salad with lentils	



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Sandwich & Power salad for Tuesday & Thursday

TUE

Sandwich/Wrap

M: Chicken Fillet Sandwich with avocado, and garlic yogurt dressing

GLUTEN, MILK

V/VG: Vegetable & tofu patty sandwich

GLUTEN, SOY

Power Salad

M/V: Greek salad with Feta, mint & quinoa

MILK

VG: Greek salad with VEGAN Feta, mint & quinoa

SOY

Soup

Coconut & ginger pumpkin soup

THU

Sandwich/Wrap

M: Beef kebab sandwich with yogurt sauce

GLUTEN, MILK

V: Vegetarian chicken kebab sandwich with yogurt sauce

GLUTEN, MILK, SOY

VG: VEGAN chicken kebab sandwich with VEGAN yogurt sauce

GLUTEN, SOY

Power Salad

M/V/VG: Moroccan salad with bulgur, carrots, orange, almonds and roasted chickpeas

GLUTEN, NUTS

Soup

Creamy zucchini soup



IMPORTANT NOTES

- Minimum order quantity: 10 people
- We can arrange chafing dishes on request for the warm meals.
- Set-up & clean-up services are not included.
- Any extraordinary items need to be requested with each order.
- All trays and bowls need to be emptied and placed back in the boxes, ready to be picked up after the event.
- All the prices are excluding VAT.
- We can cover the 14 listed EU allergens*, plus vegetarian, and vegan.

*EU allergen list: gluten (wheat, rye, barley, oats), shellfish (e.g. crabs, prawns, lobsters), egg, fish, peanut, soy, milk, nuts, celery, mustard, sesame, sulphur dioxide and sulphites (at concentrations of more than 10 mg/kg or 10 mg/l in terms of total sulphur dioxide – used as a preservative), lupine, and molluscs (e.g. mussels, oysters, squid, snails)