



Lunch menu week 39

23/09 - 27/09

ALMA sustainable catering

MON

Sandwich/Wrap

M: Chicken wrap w soft cheese & crispy onion	GLUTEN, MILK
V: Beetroot & feta wrap w turmeric hummus	GLUTEN, MILK, SESAME
VG: Beetroot & VEGAN feta wrap w turmeric hummus	GLUTEN, SOY, SESAME

Power Salad

M/V: Fresh barley & mozzarella salad	GLUTEN, MILK
VG: Fresh barley & tofu salad	GLUTEN, SOY

Soup

Creamy Roasted Carrot Soup

TUE

Warm meal

M: Fish with seasonal vegetables served with mixed of grains	FISH, GLUTEN
V/VG: Spiced aubergine with seasonal vegetables served with mixed of grains	GLUTEN

Side Salad

Green Summer salad with zucchini

Soup

Tomato Soup

WED

Sandwich/Wrap

M: Beef Banh Mi sandwich with pickled vegetable	GLUTEN, SOY, SESAME
V/VG: Scrambled tofu Banh Mi sandwich with pickled vegetable	GLUTEN, SOY, SESAME

Power Salad

M: Buddha bowl with salmon, quinoa, edamame & wakame	FISH, SESAME
V/VG: VEGAN Buddha bowl with sweet & sour cauliflower, quinoa, edamame & wakame	SESAME

Soup

Ginger & coconut pumpkin soup

THU

Warm meal

M: Chicken Tinga served with spiced rice	MILK, GLUTEN
V: Vegetarian Tofu Ranchero served with spiced rice	MILK, GLUTEN
VG: VEGAN Tofu Ranchero served with spiced rice	GLUTEN

Side Salad

Mexican salad

Soup

Roasted Red Pepper Soup

FRI

Warm meal

M: Fusilli boscaiola with minced beef	GLUTEN, MILK
VG: VEGAN fusilli boscaiola with roasted aubergine	GLUTEN, SOY

Side Salad

VG: Green salad with broccoli & zucchini



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Sandwich & Power salad for Tuesday & Thursday

TUE

Sandwich/Wrap

M/V: Egg salad & cheese sandwich

GLUTEN, MILK, EGG, MUSTARD

VG: Roasted aubergine sandwich

GLUTEN

Power Salad

M/V: Green summer salad with zucchini, parmesan cheese & orzo

GLUTEN, MILK

VG: Green summer salad with zucchini, VEGAN cheese & orzo

GLUTEN, SOY

Soup

Tomato Soup

THU

Sandwich/Wrap

M: Chicken Tinga burritos

GLUTEN, MILK

V: Tofu Ranchero burritos

GLUTEN, MILK

VG: VEGAN Tofu Ranchero burritos

GLUTEN, SOY

Power Salad

M/V: Mex salad w cheddar cheese & corn tacos

MILK

VG: Mex salad w VEGAN cheese & corn tacos

SOY

Soup

Roasted Red Pepper 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)