

7 Day Suggested Menu

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
DD.MM.YY	DD.MM.YY	DD.MM.YY	DD.MM.YY	DD.MM.YY	DD.MM.YY	DD.MM.YY
Breakfast						
Choice of cereals (Cornflakes, Fruit Muesli, Chocolate Muesli), Bread, Jam, Orange/Apple Juice, Milk, Tea, Coffee,						
	Emmental Cheese	Cheddar Cheese	Universico Cheese	Universico Cheese	Cheddar Cheese	Emmental Cheese
	Salami	Ham	Turkey	Salami	Ham	Turkey
	Pancakes	Eggs	Zopf - Swiss Milk Bread	Eggs	Pancakes	Yoghurt
Packed Lunch						
One or Two Bread Rolls						
	Tuna	Turkey	Salami	Turkey	Tuna	Salami
	Vache qui Rit	Kiri cheese portion	Babybel	Vache qui Rit	Kiri cheese portion	Babybel
	Lettuce	Cucumber	Tomato	Cucumber	Lettuce	Tomato
	Paprika Chips	Sweet Chilli Chips	Nature Chips	Paprika Chips	Sweet Chilli Chips	Nature Chips
	Ovomaltine Bar	Choco Muesli Balisto	Berry Kelloggs Bar	Choco Korn Balisto	Choco Kelloggs Bar	Choco Yobery Balisto
Dinner						
Pesto Pasta with cherry tomatoes & mini mozzarella	KISC Messengers of Peace BBQ	Chicken Cacciatore with Rice	Minced Beef Buritos with mixed veggies and various sides	Meatballs and Creamy sauce with Mash potatoes	Alpine Macaroni & Cheese with Bacon	
Alternatives						
Vegetarian: N/A	Vegetarian alternatives provided.	Vegetarian: Cauliflower Cacciatore	Vegetarian: Minced Quorn Burritos	Vegetarian: Veggie Meatballs	Vegetarian: No bacon	
Variations to the recipes can be made to achieve gluten free, lactose free or vegan meals. Other allergies considered case by case.						
Dessert						
Sprinkle Donuts	Fruit Ice Lolly	Kägi fret mini	Fruit Cocktail	Berry Jam Filled Donut	Peaches and meringues	