

MENU

week 36

31.08-04.09

PLATO

MONDAY

31.08.2026

REGULAR

Mediterranean Pumpkin & Feta Bowl, Roasted Pumpkin, Quinoa, Feta, Crispy Chickpeas, Cucumber, Cherry Tomatoes, Sunflower Seeds, Lemon-Herb Dressing

Protein: Feta, Chickpeas, Quinoa, Sunflower seeds

Contains: Milk

Calories ~740 kcal

Protein ~32g / Carbs ~68g / Fats ~30g

Focaccia sandwich: Feta, roasted pumpkin, tomatoes

vegan

Mediterranean Pumpkin Bowl. Roasted Pumpkin, Quinoa, Crispy Chickpeas, Cucumber, Cherry Tomatoes, Sunflower Seeds, Lemon-Herb Dressing

Protein: Chickpeas, Quinoa, Sunflower seeds

Contains: -

Calories ~740 kcal

Protein ~30g / Carbs ~72g / Fats ~28g

Focaccia sandwich: Roasted pumpkin, chickpea salad

PLATO · CATERING

TUESDAY

01.09.2026

REGULAR

Japanese Miso Salmon Poke Bowl. Salmon, Sushi Rice, Edamame, Cucumber, Broccoli, Avocado, Furikake, Sweet Chili Sauce

Protein: Salmon, Edamame

Contains: Fish, Soy, Sesame

Calories ~760 kcal

Protein ~40g / Carbs ~72g / Fats ~30g

Wrap: Salmon, avocado, cucumber, rice

vegan

Japanese Tofu Poke Bowl. Sushi Rice, Edamame, Cucumber, Broccoli, Avocado, Furikake, Sweet Chili Sauce, Crispy Tofu

Protein: Tofu, Edamame

Contains: Soy, Sesame

Calories ~760 kcal

Protein ~34g / Carbs ~76g / Fats ~28g

Wrap: Tofu, avocado, cucumber, rice

PLATO · CATERING

Wednesday

02.09.2026

REGULAR

Mediterranean Scampi Pasta. Pasta, Scampi, Cherry Tomatoes, Mozzarella, Olives, Sun-Dried Tomatoes, Basil, Lemon-Garlic Dressing

Protein: Scampi, Mozzarella

Contains: Wheat, Shellfish, Milk

Calories ~770 kcal

Protein ~40g / Carbs ~78g / Fats ~28g

Focaccia sandwich: Scampi, mozzarella, sun-dried tomatoes

vegan

Mediterranean Pasta Salad. Pasta, White Beans, Cherry Tomatoes, Olives, Sun-Dried Tomatoes, Basil, Lemon-Garlic Dressing

Protein: White beans

Contains: Wheat

Calories ~770 kcal

Protein ~32g / Carbs ~84g / Fats ~24g

Focaccia sandwich: White bean salad, sun-dried tomatoes

PLATO · CATERING

THURSDAY

03.09.2026

REGULAR

Egg & Avocado Sandwich. Egg Salad, Avocado, Cucumber, Crispy Lettuce, Tomato, Herb Dressing, Brioche, Crunchy Side Salad

Protein: Egg

Contains: Wheat, Eggs, Milk, Mustard

Calories ~730 kcal

Protein ~28g / Carbs ~62g / Fats ~34g

vegan

Chickpea & Avocado Sandwich. Chickpea Salad, Avocado, Cucumber, Crispy Lettuce, Tomato, Herb Dressing, Soft Bread, Crunchy Side Salad

Protein: Chickpeas

Contains: Wheat, Mustard

Calories ~730 kcal

Protein ~28g / Carbs ~68g / Fats ~28g

PLATO · CATERING

FRIDAY

04.09.2026

REGULAR

Spicy Thai Chicken & Sweet Potato. Chilli-Lime Chicken, Roasted Sweet Potato, Rice Crunchy Cabbage & Cucumber Slaw, Fresh Herbs, Peanuts, Thai Dressing

Protein: Chicken, Peanuts

Contains: Peanuts, Soy

Calories ~760 kcal

Protein ~42g / Carbs ~64g / Fats ~30g

Wrap: Chicken, cabbage, peanuts, rice

vegan

Spicy Thai Tofu & Sweet Potato. Chilli-Lime Tofu, Roasted Sweet Potato, Crunchy Cabbage & Cucumber Slaw, Rice, Fresh Herbs, Peanuts, Thai Dressing

Protein: Tofu, Peanuts

Contains: Soy, Peanuts

Calories ~760 kcal

Protein ~34g / Carbs ~68g / Fats ~30g

Wrap: Tofu, cabbage, peanuts, rice

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