
















Weir Camp 2018 Weekly meals menu



= Suitable for vegetarians

DAY	MEAL		
	Breakfast	Lunch	Dinner
Saturday	Tea, coffee, milk toast, ham, cheese, cereal  Coconut milk	 Spaghetti with tomato sauce and halloumi cheese	Burger in a bun & chips with tomato/cucumber  Veggie burger
Sunday		Roasted pork or chicken, oven potatoes & salad Tuna steak	Pizza & oven baked chips  Vegetarian pizza
Monday		Makaroniaournou (pasticcio) & salad  Vegetarian pasticcio	Avgolemono soup (egg and lemon) with chicken  Minestrone soup
Tuesday (walk to Kalidonia)		Sandwich and fruit  Vegetarian sandwich	Souvlaki in pitta bread & salad  Halloumi in pitta, salad, grilled corn on the cob/mixed vegetables
Wednesday		 Lentils & yoghurt	Fish fingers, chips & salad
Thursday		Chicken nuggets with orzo & yoghurt  Orzo with vegetables	Beef soup with vegetables  Pasta with vegetables & halloumi cheese
Friday		Penne Carbonara  Vegetarian spring rolls & salad	Souvlaki in pitta bread & salad  Halloumi in pitta, salad, grilled corn on the cob/mixed vegetables