



LACTOSE FREE MENU



EURO SPACE CENTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Buffet + ham

LUNCH

Tomato soup

Chicken breast, steamed broccoli and rice or Sautéed pasta with vegetables

Apple, water

SNACK

Vanilla waffle, orange juice

DINNER

Mushroom soup

Salad bar, bread and butter
Chicken breast and steamed vegetables or Shepherd's pie

Vanilla Alpro, water

BREAKFAST

Buffet + lactose-free cheese

LUNCH

Pea soup

Two meatballs with tomato sauce, tender carrots and tabbouleh or Fried chicken

Pear, water

SNACK

Donuts, chocolate milk

DINNER

Pumpkin soup

Salad bar, bread and butter
Chicken and vegetable shepherd's pie or Charcuterie

Speculoos soy custard, water

BREAKFAST

Buffet + scrambled eggs

LUNCH

Courgette soup

100% beef hamburger, chips, lettuce and tomatoes or Tabbouleh, falafel and vegetable couscous

Mandarin orange, water

SNACK

Marble cake, mixed fruit juice

DINNER

Carrot soup

Salad bar, bread and butter
Vegetable tortilla or Spaghetti bolognese

Lactose-free vanilla ice cream, water

BREAKFAST

Buffet + ham

LUNCH

Broccoli soup

Roasted half-chicken, apple sauce and steamed potatoes or Leek wrap

Banana, water

SNACK

Chocolate waffle, apple juice

DINNER

Tomato soup

Salad bar, bread and butter
Stuffed potatoes, crudités or Charcuterie

Chocolate Alpro, water

BREAKFAST

Buffet + lactose-free cheese

LUNCH

Leek soup

Breaded fish with tartar sauce, Mediterranean vegetable ratatouille and rice or Gnocchi with tomatoes and lactose-free cheese

Apple, water

SNACK

Vanilla waffle, orange juice

DINNER

Asparagus soup

Salad bar, bread and butter
Chicken paella or vegetable paella or Macaroni with ham

Caramel soy custard, water

BREAKFAST

Buffet + scrambled eggs

LUNCH

Courgette soup

Two meatballs with tomato sauce, tender carrots and tabbouleh or Fried chicken, tender carrots and tabbouleh

Pear, water

SNACK

Brownies, chocolate milk

DINNER

Pumpkin soup

Salad bar, bread and butter
Cantonese stir-fried noodles or Spaghetti bolognese

Speculoos soy custard, water

BREAKFAST

Buffet + ham

LUNCH

Pea soup

100% beef hamburger, chips, lettuce and tomatoes or Tabbouleh, falafel and vegetable couscous

Mandarin orange, water

SNACK

Marble cake, mixed fruit juice

DINNER

Carrot soup

Salad bar, bread and butter
Lactose-free cheese pizza or Tomato-basil penne

Lactose-free vanilla ice cream, water



Lactose-free breakfast buffet: White and brown bread (toasted or not), jams, spread, butter, soy milk, hot chocolate, coffee or tea, one glass of orange juice per person, water.

Vegetarian and pork-free menus available upon request at no additional cost.

Gluten-free and/or lactose-free menus are available for an additional €3.50/day/person.