

Week 1: Odd week numbers

Monday

Meat: Air-cured ham, blue cheese, gouda cheese, rocket, walnuts, honey

Veg: Brie, garlic-fried mushrooms, gouda cheese, tomato, rocket, crème fraiche

Tuesday

Meat: Ham, brie, red onion, gouda cheese, spinach, creme fraiche

Veg: Goats cheese, beetroot, gouda cheese, rocket, sunflower seeds, thyme, honey

Wednesday

Meat: Marinated turkey, red onion, tomato, gouda cheese, spinach, crème fraiche

Veg: Goats cheese, tomato, gouda cheese, rocket, sunflower seeds, honey

Thursday

Meat: Ham, tomato, gouda cheese, rocket and Dijon-cream

Veg: Brie, butter-fried potatoes, red onion, sun dried tomato, gouda cheese, rocket, crème fraiche

Friday

Meat: Ham, butter-fried mushroom, gouda cheese, spinach, crème fraiche

Veg: Goats cheese, tomato, gouda cheese, rocket, sunflower seeds, honey

Week 2: Even week numbers

Monday

Meat: Ham, tomato, gouda cheese, rocket and Dijon-cream

Veg: Fried mushrooms, sun dried tomatoes, red onion, gouda cheese, lingon, rocket, crème fraiche

Tuesday

Meat: Ham, brie, red onion, gouda cheese, spinach, creme fraiche

Veg: Goat cheese, tomato, gouda cheese, rocket, sunflower seeds, honey

Wednesday

Meat: Air-cured ham, brie, gouda cheese, rocket, walnuts, honey

Veg: Garlic-fried mushrooms, tomato, beetroot, gouda cheese, spinach, crème fraiche

Thursday

Meat: Ham, butter-fried potatoes, red onion, tomato, gouda cheese, rocket, crème fraiche, spinach

Veg: Goat cheese, beetroot, gouda cheese, rocket, sunflower seeds, thyme, honey

Friday

Meat: Ham, tomato, gouda cheese, spinach, red onion, crème fraiche

Veg: Brie, butter-fried potatoes, red onion, sun dried tomato, gouda cheese, rocket, crème fraiche