

Pre-packed lunch subscription

At the BSA we offer a daily fresh prepared lunch bag for the Early years, Junior School, Senior School and Staff members.

The price of a lunch subscription is: Early Years & Junior School: €4,85,- a day

Senior School and staff members: €5,75 a day

In our ordering system you can order the pre-packed lunch subscription: Link https://markies-nl-bsa.12order.eu

Allergies or diet wishes? Please contact us by email: markiescatering@britams.nl

Your Sincerely,

Team Markies Catering





Week of 6 September 2021





Early	y Years	& Juni	ior Sc	hool
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	Tuesday		Wednesday 1		Thursday		Friday	
	Soft bun	Cheddar cheese	Soft bun	Tuna salad	Wrap	Cheese	Sandwich	Grilled ham
	Sandwich Fruit & Dairy & more		Wrap Fruit & Dairy & more	•	Sandwich Fruit & Dairy & more		Wrap Fruit & Dairy & more	Egg salad Mandarin
	Drink	Fruit water	Drink	Fruit water	Drink	Fruit water	Drink	Fruit water
	Vegetarian	Guacamole sweet pepper	Vegetarian	Egg salad sandwich	Vegetarian	Mozzarella	Vegetarian	Healthy
Į	Also available as Ve	gan & Gluten Free	Also available as Ve	gan & Gluten Free	Also available as Veg	an & Gluten Free	Also available as V	egan & Gluten Free

Senior School & Staff Members

	Tuesday		Wednesday		Thursday		Friday	
	Baguette	Cheddar cheese	Baguette	Tuna salad	Baguette	Cheese	Baguette	Grilled ham
	Sandwich Fruit & Dairy &		Sandwich Fruit & Dairy &	•	Sandwich Fruit & Dairy & more	, , , ,	Sandwich Fruit & Dairy &	Egg salad Mandarin
	more Drink		more Drink		•		more Drink	Daily a healthy choise
	Vegetarian	Guacamole sweet pepper	Vegetarian	Egg salad sandwich	Vegetarian	Mozzarella	Vegetarian	Healthy
	Also available as Ve	gan & Gluten Free	Also available as Ve	gan & Gluten Free	Also available as Veg	an & Gluten Free	Also available as V	egan & Gluten Free







Monday Tuesday Wednesday Thursday Friday Wrap Soft bun Soft bun Wrap **Cheese & Cucumber** Sandwich **Pulled chicken** Chicken curry Salami Tuna salad French cheese spread Wrap Sandwich Healthy with cheese Sandwich Gouda cheese spread Sandwich BLT (Bacon, lettuce, tomato) Wrap Egg salad Fruit & Dairy & Couscous salad Fruit salad Yoghurt with fruit Mandarin more more more Banana more more Drink Drink Drink Drink Drink Fruit water Fruit water Fruit water Fruit water Fruit water **Healthy Cheese** sandwich Vegetarian Wrap Caprese Vegetarian Omelet sandwich Vegetarian Egg salad sandwich Vegetarian Falafel & Dairyspread Vegetarian Also available as Vegan & Gluten Free Also available as Vegan & Gluten Free

Senior School & Staff Members

	Monday		Tuesday		Wednesday		Thursday		Friday	
1	Rustic sandwich	Chicken curry	Baguette	Salami	Baguette	Tuna salad	Baguette	Cheese & Cucumber	Baguette	Pulled chicken Healthy Cheese
	Wrap / baguette	Healthy with cheese	Sandwich	Gouda cheese spread	Sandwich	French cheese spread	Sandwich	BLT (Bacon, lettuce, tomato)	Sandwich	sandwich
	Fruit & Dairy &		Fruit & Dairy &		Fruit & Dairy &		Fruit & Dairy &		Fruit & Dairy &	
	more	Couscous salad	more	Fruit salad	more	Banana	more	Yoghurt with fruit	more	Mandarin
	Drink	Daily a healthy choice	Drink	Daily a healthy choice						
l	Vegetarian	Wrap Caprese	Vegetarian	Omelet sandwich	Vegetarian	Egg salad sandwich	Vegetarian	Falafel & Dairyspread	Vegetarian	Healthy
	Also available as '	Vegan & Gluten Free	Also available as V	egan & Gluten Free	Also available as V	egan & Gluten Free	Also available as V	egan & Gluten Free	Also available as V	egan & Gluten Free







Monday Wrap Hummus mango Sandwich Salmon Fruit & Dairy &

more Apple Drink Fruit water

Vegetarian Boiled egg sandwich

Also available as Vegan & Gluten Free

Tuesday

Soft bun Crab salad Sandwich Baba Ganoush

Fruit & Dairy &

more Yoghurt with fruit

Drink Fruit water

Vegetarian Egg salad sandwich

Also available as Vegan & Gluten Free

Wednesday

Soft bun Grilled ham
Wrap Hummus & grilled vegetables

Fruit & Dairy &

more Fruit salad Drink Fruit water

Vegetarian Mozzarella & tomato

Also available as Vegan & Gluten Free

Thursday

Wrap Cheddar cheese Sandwich Pulled beef

Fruit & Dairy &

more Yoghurt with honey
Drink Fruit water

Also available as Vegan & Gluten Free

Friday

Sandwich Roast beef sandwich
Wrap Falafel & Dairyspread

Fruit & Dairy &

more Banana
Drink Fruit water

Healthy Cheese

Vegetarian sandwich

Also available as Vegan & Gluten Free

Senior School & Staff Members

Monday Rustic sandwich

Rustic sandwich Salmon Wrap / baguette Hummus mango

Fruit & Dairy &

more Apple

Drink Daily a healthy choice

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Vegetarian Boiled egg sandwich

Also available as Vegan & Gluten Free

Tuesday

Baguette Crab salad Sandwich Baba Ganoush

Fruit & Dairy &

more Yoghurt with fruit

Drink Daily a healthy choice

Vegetarian Egg salad sandwich

Also available as Vegan & Gluten Free

Wednesday

Baguette Grilled ham

Sandwich Hummus & grilled vegetables

Fruit & Dairy &

more Fruit salad

Drink Daily a healthy choice

Vegetarian Mozzarella & tomato

Also available as Vegan & Gluten Free

Thursday

Baguette Cheddar cheese

Sandwich

Fruit & Dairy &

more Yoghurt with fruit

Drink Daily a healthy choice

Pulled beef

Also available as Vegan & Gluten Free

Friday

Baguette Roast beef sandwich
Sandwich Falafel & Dairyspread

Fruit & Dairy &

more Banana
Drink Daily a healthy choice

Healthy Cheese

Vegetarian sandwich

Also available as Vegan & Gluten Free

Markies »









Monday
Wrap Grilled chicken pesto
Sandwich Healthy with cheese
Fruit & Dairy &
more Couscous salad
Drink Fruit water

Vegetarian Boiled egg sandwich

Also available as Vegan & Gluten Free

Tuesday
Soft bun Tuna salad
Sandwich Omelet
Fruit & Dairy &
more Yoghurt with fruit
Drink Fruit water

Vegetarian Tomato & Hummus
Also available as Vegan & Gluten Free

Wednesday
Soft bun Grilled ham
Wrap
Wrap
Cheese & egg
Fruit & Dairy &
more
Mandarin
Drink
Fruit water

Vegetarian
Also available as Vegan & Gluten Free

Thursday
Wrap
Sandwich
Fruit & Dair
more
Drink
Fruit & Dair
more
Drink

Also available as Vegan & Gluten Free

Thursday
Wrap Salami
Sandwich Mozzarella & pesto
Fruit & Dairy &
more Pasta salad
Drink Fruit water

Guacamole sweet
Vegetarian pepper

Also available as Vegan & Gluten Free

Friday
Sandwich Salmon salad
Hummus & grilled
Wrap vegetables
Fruit & Dairy &
more Banana
Drink Fruit water

Vegetarian Egg salad sandwich

Also available as Vegan & Gluten Free

Senior School & Staff Members

Monday
Rustic sandwich Grilled chicken pesto
Wrap / baguette Healthy with cheese
Fruit & Dairy &
more Couscous salad

Drink Daily a healthy choice

Vegetarian Boiled egg sandwich

Also available as Vegan & Gluten Free

Tuesday
Baguette Tuna salad
Sandwich Omelet
Fruit & Dairy &
more Yoghurt with fruit

Drink Daily a healthy choice

Vegetarian Tomato & Hummus

Also available as Vegan & Gluten Free

Wednesday
Baguette Grilled ham

Sandwich Cheese & egg
Fruit & Dairy & Fruit & Dairy
Drink Choice

Wegetarian Falafel & dairyspread

Also available as Vegan & Gluten Free

Thursday
Baguette
Sandwich
Fruit & Dairy
More
Drink Horice

Sandwich
Fruit & Dairy
More
Fruit & Dairy
More
Fruit & Dairy
More
Fulatel & dairyspread
Also available

Thursday
Baguette Salami
Sandwich Mozzarella & pesto
Fruit & Dairy &
more Pasta salad
Daily a healthy
Drink choice

Guacamole sweet
Vegetarian pepper

Also available as Vegan & Gluten Free

Friday
Baguette Salmon salad
Hummus & grilled
Sandwich vegetables
Fruit & Dairy &
more Banana

Drink Daily a healthy choice

Vegetarian Egg salad sandwich

Also available as Vegan & Gluten Free











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Monday		Tuesday		Wednesday		Thursday		Friday		
	Vrap	Grilled chicken pesto		Cheddar cheese Hummus & grilled	Soft bun	Tuna salad	Wrap	Cheese BLT (Bacon, lettuce,	Sandwich	Grilled ham
9	andwich	Healthy with cheese	Sandwich	•	Wrap	French cheese spread	Sandwich		Wrap	Egg salad
1	ruit & Dairy & more	Couscous salad	Fruit & Dairy & more	Fruit salad	Fruit & Dairy & more	Banana	Fruit & Dairy & more	Yoghurt with fruit	Fruit & Dairy & more	Mandarin
ı	Drink	Fruit water	Drink	Fruit water	Drink	Fruit water	Drink	Fruit water	Drink	Fruit water
	/egetarian	Boiled egg sandwich	Vegetarian	Guacamole sweet pepper	Vegetarian	Egg salad sandwich	Vegetarian	Mozzarella	Vegetarian	Healthy
Į	Also available as Vega	n & Gluten Free	Also available as Veg	an & Gluten Free	Also available as Veg	gan & Gluten Free	Also available as Veg	gan & Gluten Free	Also available as Veg	an & Gluten Free

Senior School & Staff Members

Monday		Tuesday		Wednesday		Thursday		Friday	
Rustic sandwich	Grilled chicken	Baguette	Cheddar cheese	Baguette	Tuna salad	Baguette	Cheese	Baguette	Grilled ham
Wrap / baguette	Cheese & Egg	Sandwich	Hummus & grilled vegetables	Sandwich	French cheese spread	Sandwich	BLT (Bacon, lettuce, tomato)	Sandwich	Egg salad
Fruit & Dairy & more	Pasta salad	Fruit & Dairy & more	Fruit salad	Fruit & Dairy & more	Banana	Fruit & Dairy & more	Yoghurt with fruit	Fruit & Dairy & more	Mandarin
Drink	Daily a healthy choice		Daily a healthy choice	Drink	Daily a healthy choice	Drink	Daily a healthy choice	Drink	Daily a healthy choice
Vegetarian	Tomato & Hummus	Vegetarian	Guacamole sweet pepper	Vegetarian	Egg salad sandwich	Vegetarian	Mozzarella	Vegetarian	Healthy
Also available as Vega	n & Gluten Free	Also available as Veg	an & Gluten Free	Also available as Veg	gan & Gluten Free	Also available as Ve	gan & Gluten Free	Also available as Veg	an & Gluten Free











Monday
Wrap Chicken curry

Sandwich Healthy with cheese
Fruit & Dairy &
more Couscous salad
Drink Fruit water

Vegetarian Wrap Caprese

Also available as Vegan & Gluten Free

Tuesday
Soft bun Salami
Sandwich Gouda cheese spread
Fruit & Dairy &
more Fruit salad
Drink Fruit water

Vegetarian Omelet sandwich
Also available as Vegan & Gluten Free

Wednesday
Soft bun Tuna salad
Wrap French cheese spread
Fruit & Dairy &
more Banana
Drink Fruit water

Vegetarian Egg salad sandwich
Also available as Vegan & Gluten Free

Thursday
Wrap Cheese & Cucumber
BLT (Bacon, lettuce,
Sandwich tomato)
Fruit & Dairy &
more Yoghurt with fruit
Drink Fruit water

Vegetarian Falafel & Dairyspread
Also available as Vegan & Gluten Free

Friday
Sandwich Pulled chicken

Wrap Egg salad
Fruit & Dairy &
more Mandarin
Drink Fruit water

Healthy Cheese
Vegetarian sandwich

Also available as Vegan & Gluten Free

Senior School & Staff Members

Monday
Rustic sandwich Chicken curry
Wrap / baguette Healthy with cheese
Fruit & Dairy &
more Couscous salad
Drink Daily a healthy choice

Vegetarian Wrap Caprese

Also available as Vegan & Gluten Free

Tuesday
Baguette Salami
Sandwich Gouda cheese spread
Fruit & Dairy &
more Fruit salad
Drink Daily a healthy choice

Vegetarian Omelet sandwich

Also available as Vegan & Gluten Free

Wednesday
Baguette Tuna salad

Sandwich French cheese spread
Fruit & Dairy &
more Banana
Drink Daily a healthy choice

Vegetarian Egg salad sandwich

Also available as Vegan & Gluten Free

Thursday

Baguette Cheese & Cucumber
BLT (Bacon, lettuce,
Sandwich tomato)
Fruit & Dairy &
more Yoghurt with fruit
Drink Daily a healthy choice

Vegetarian Falafel & Dairyspread

Also available as Vegan & Gluten Free

Friday
Baguette Pulled chicken
Healthy Cheese
Sandwich sandwich
Fruit & Dairy &
more Mandarin
Drink Daily a healthy choice

Vegetarian Healthy
Also available as Vegan & Gluten Free











Monday Wrap **Hummus mango** Sandwich Salmon Fruit & Dairy & more Apple Drink Fruit water **Boiled egg** Vegetarian sandwich Also available as Vegan & Gluten Free

Tuesday Soft bun Crab salad **Baba Ganoush** Sandwich Fruit & Dairy & more Yoghurt with fruit Drink Fruit water Egg salad sandwich Vegetarian

Soft bun Grilled ham **Hummus & grilled** Wrap vegetables Fruit & Dairy & more Fruit salad Drink Fruit water Mozzarella & tomato Vegetarian Also available as Vegan & Gluten Free Also available as Vegan & Gluten Free

Wednesday

Thursday Wrap Cheddar cheese **Pulled beef** Sandwich Fruit & Dairy & lmore Yoghurt with honey Drink Fruit water Hummus & avocado Vegetarian Also available as Vegan & Gluten Free

Friday Sandwich Roast beef sandwich Falafel & Dairyspread Wrap Fruit & Dairy & more Banana Drink Fruit water **Healthy Cheese** Vegetarian sandwich Also available as Vegan & Gluten Free

Senior School & Staff Members

Monday Rustic sandwich Salmon Wrap / baguette **Hummus mango** Fruit & Dairy & more Apple Daily a healthy Drink choice **Boiled egg** Vegetarian sandwich Also available as Vegan & Gluten Free

Tuesday Baguette Crab salad Sandwich **Baba Ganoush** Fruit & Dairy & more Yoghurt with fruit Drink Daily a healthy choice Vegetarian Egg salad sandwich Also available as Vegan & Gluten Free

Wednesday Baguette Grilled ham **Hummus & grilled** Sandwich vegetables Fruit & Dairy & more Fruit salad Drink Daily a healthy choice Vegetarian Mozzarella & tomato Also available as Vegan & Gluten Free

Thursday Baguette Cheddar cheese Sandwich **Pulled beef** Fruit & Dairy & lmore Yoghurt with fruit Daily a healthy Drink choice Vegetarian Hummus & avocado Also available as Vegan & Gluten Free

Friday Baguette Roast beef sandwich Sandwich Falafel & Dairyspread Fruit & Dairy & more Banana Drink Daily a healthy choice **Healthy Cheese** Vegetarian sandwich Also available as Vegan & Gluten Free



