

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

MENU

THE
BRITISH
SCHOOL
OF AMSTERDAM

Early Years & Junior School

Tuesday	Wednesday	Thursday	Friday
Soft bun Cheddar cheese	Soft bun Tuna salad	Wrap Cheese	Sandwich Grilled ham
Sandwich Hummus & grilled vegetables Fruit & Dairy & more Fruit salad	Wrap French cheese spread Fruit & Dairy & more Banana	Sandwich BLT (bacon, lettuce, tomato) Fruit & Dairy & more Yoghurt with fruit	Wrap Egg salad Fruit & Dairy & more 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
Also available as Vegan & Gluten Free	Also available as Vegan & Gluten Free	Also available as Vegan & Gluten Free	Also available as Vegan & Gluten Free

Senior School & Staff Members

Tuesday	Wednesday	Thursday	Friday
Baguette Cheddar cheese	Baguette Tuna salad	Baguette Cheese	Baguette Grilled ham
Sandwich Hummus & grilled vegetables Fruit & Dairy & more Fruit salad	Sandwich French cheese spread Fruit & Dairy & more Banana	Sandwich BLT (bacon, lettuce, tomato) Fruit & Dairy & more Yoghurt with fruit	Sandwich Egg salad Fruit & Dairy & more Mandarin
Drink Daily a healthy choice	Drink Daily a healthy choice	Drink Daily a healthy choice	Drink Daily a healthy choice
Vegetarian Guacamole sweet pepper	Vegetarian Egg salad sandwich	Vegetarian Mozzarella	Vegetarian Healthy
Also available as Vegan & Gluten Free	Also available as Vegan & Gluten Free	Also available as Vegan & Gluten Free	Also available as Vegan & Gluten Free

Week of
13 September
2021

MENU

THE
BRITISH
SCHOOL
OF AMSTERDAM

Early Years & Junior School

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

Senior School & Staff Members

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

Week of
20 September
2021

MENU

THE
BRITISH
SCHOOL
OF AMSTERDAM

Early Years & Junior School

Monday		Tuesday		Wednesday		Thursday		Friday	
Wrap	Hummus mango	Soft bun	Crab salad	Soft bun	Grilled ham	Wrap	Cheddar cheese	Sandwich	Roast beef sandwich
Sandwich	Salmon	Sandwich	Baba Ganoush	Wrap	Hummus & grilled vegetables	Sandwich	Pulled beef	Wrap	Falafel & Dairyspread
Fruit & Dairy & more	Apple	Fruit & Dairy & more	Yoghurt with fruit	Fruit & Dairy & more	Fruit salad	Fruit & Dairy & more	Yoghurt with honey	Fruit & Dairy & more	Banana
Drink	Fruit water	Drink	Fruit water	Drink	Fruit water	Drink	Fruit water	Drink	Fruit water
Vegetarian	Boiled egg sandwich	Vegetarian	Egg salad sandwich	Vegetarian	Mozzarella & tomato	Vegetarian	Hummus & avocado	Vegetarian	Healthy Cheese sandwich
Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free	

Senior School & Staff Members

Monday		Tuesday		Wednesday		Thursday		Friday	
Rustic sandwich	Salmon	Baguette	Crab salad	Baguette	Grilled ham	Baguette	Cheddar cheese	Baguette	Roast beef sandwich
Wrap / baguette	Hummus mango	Sandwich	Baba Ganoush	Sandwich	Hummus & grilled vegetables	Sandwich	Pulled beef	Sandwich	Falafel & Dairyspread
Fruit & Dairy & more	Apple	Fruit & Dairy & more	Yoghurt with fruit	Fruit & Dairy & more	Fruit salad	Fruit & Dairy & more	Yoghurt with fruit	Fruit & Dairy & more	Banana
Drink	Daily a healthy choice	Drink	Daily a healthy choice	Drink	Daily a healthy choice	Drink	Daily a healthy choice	Drink	Daily a healthy choice
Vegetarian	Boiled egg sandwich	Vegetarian	Egg salad sandwich	Vegetarian	Mozzarella & tomato	Vegetarian	Hummus & avocado	Vegetarian	Healthy Cheese sandwich
Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free	

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Week of
27 September
2021

MENU

THE
BRITISH
SCHOOL
OF AMSTERDAM

Early Years & Junior School

Monday		Tuesday		Wednesday		Thursday		Friday	
Wrap	Grilled chicken pesto	Soft bun	Tuna salad	Soft bun	Grilled ham	Wrap	Salami	Sandwich	Salmon salad Hummus & grilled vegetables
Sandwich	Healthy with cheese	Sandwich	Omelet	Wrap	Cheese & egg	Sandwich	Mozzarella & pesto	Wrap	
Fruit & Dairy & more	Couscous salad	Fruit & Dairy & more	Yoghurt with fruit	Fruit & Dairy & more	Mandarin	Fruit & Dairy & more	Pasta salad	Fruit & Dairy & more	Banana
Drink	Fruit water	Drink	Fruit water	Drink	Fruit water	Drink	Fruit water	Drink	Fruit water
Vegetarian	Boiled egg sandwich	Vegetarian	Tomato & Hummus	Vegetarian	Falafel & dairyspread	Vegetarian	Guacamole sweet pepper	Vegetarian	Egg salad sandwich
Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free	

Senior School & Staff Members

Monday		Tuesday		Wednesday		Thursday		Friday	
Rustic sandwich	Grilled chicken pesto	Baguette	Tuna salad	Baguette	Grilled ham	Baguette	Salami	Baguette	Salmon salad Hummus & grilled vegetables
Wrap / baguette	Healthy with cheese	Sandwich	Omelet	Sandwich	Cheese & egg	Sandwich	Mozzarella & pesto	Sandwich	
Fruit & Dairy & more	Couscous salad	Fruit & Dairy & more	Yoghurt with fruit	Fruit & Dairy & more	Mandarin	Fruit & Dairy & more	Pasta salad Daily a healthy choice	Fruit & Dairy & more	Banana
Drink	Daily a healthy choice	Drink	Daily a healthy choice	Drink	Daily a healthy choice	Drink		Drink	Daily a healthy choice
Vegetarian	Boiled egg sandwich	Vegetarian	Tomato & Hummus	Vegetarian	Falafel & dairyspread	Vegetarian	Guacamole sweet pepper	Vegetarian	Egg salad sandwich
Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free	

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Week of
4 October
2021

MENU

THE
BRITISH
SCHOOL
OF AMSTERDAM

Early Years & Junior School

Monday		Tuesday		Wednesday		Thursday		Friday	
Wrap	Grilled chicken pesto	Soft bun	Cheddar cheese Hummus & grilled vegetables	Soft bun	Tuna salad	Wrap	Cheese BLT (Bacon, lettuce, tomato)	Sandwich	Grilled ham
Sandwich	Healthy with cheese	Sandwich		Wrap	French cheese spread	Sandwich		Wrap	Egg salad
Fruit & Dairy & more	Couscous salad	Fruit & Dairy & more	Fruit salad	Fruit & Dairy & more	Banana	Fruit & Dairy & more	Yoghurt with fruit	Fruit & Dairy & more	Mandarin
Drink	Fruit water	Drink	Fruit water	Drink	Fruit water	Drink	Fruit water	Drink	Fruit water
Vegetarian	Boiled egg sandwich	Vegetarian	Guacamole sweet pepper	Vegetarian	Egg salad sandwich	Vegetarian	Mozzarella	Vegetarian	Healthy
Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free	

Senior School & Staff Members

Monday		Tuesday		Wednesday		Thursday		Friday	
Rustic sandwich	Grilled chicken	Baguette	Cheddar cheese Hummus & grilled vegetables	Baguette	Tuna salad	Baguette	Cheese BLT (Bacon, lettuce, tomato)	Baguette	Grilled ham
Wrap / baguette	Cheese & Egg	Sandwich		Sandwich	French cheese spread	Sandwich		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	Drink	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 Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free	

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Week of
11 October
2021

MENU

THE
BRITISH
SCHOOL
OF AMSTERDAM

Early Years & Junior School

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

Senior School & Staff Members

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

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Week of
18 October
2021

MENU

THE
BRITISH
SCHOOL
OF AMSTERDAM

Early Years & Junior School

Monday		Tuesday		Wednesday		Thursday		Friday	
Wrap	Hummus mango	Soft bun	Crab salad	Soft bun	Grilled ham Hummus & grilled vegetables	Wrap	Cheddar cheese	Sandwich	Roast beef sandwich
Sandwich	Salmon	Sandwich	Baba Ganoush	Wrap		Sandwich	Pulled beef	Wrap	Falafel & Dairyspread
Fruit & Dairy & more	Apple	Fruit & Dairy & more	Yoghurt with fruit	Fruit & Dairy & more	Fruit salad	Fruit & Dairy & more	Yoghurt with honey	Fruit & Dairy & more	Banana
Drink	Fruit water	Drink	Fruit water	Drink	Fruit water	Drink	Fruit water	Drink	Fruit water
Vegetarian	Boiled egg sandwich	Vegetarian	Egg salad sandwich	Vegetarian	Mozzarella & tomato	Vegetarian	Hummus & avocado	Vegetarian	Healthy Cheese sandwich
Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free	

Senior School & Staff Members

Monday		Tuesday		Wednesday		Thursday		Friday	
Rustic sandwich	Salmon	Baguette	Crab salad	Baguette	Grilled ham Hummus & grilled vegetables	Baguette	Cheddar cheese	Baguette	Roast beef sandwich
Wrap / baguette	Hummus mango	Sandwich	Baba Ganoush	Sandwich		Sandwich	Pulled beef	Sandwich	Falafel & Dairyspread
Fruit & Dairy & more	Apple	Fruit & Dairy & more	Yoghurt with fruit	Fruit & Dairy & more	Fruit salad	Fruit & Dairy & more	Yoghurt with fruit	Fruit & Dairy & more	Banana
Drink	Daily a healthy choice	Drink	Daily a healthy choice	Drink	Daily a healthy choice	Drink	Daily a healthy choice	Drink	Daily a healthy choice
Vegetarian	Boiled egg sandwich	Vegetarian	Egg salad sandwich	Vegetarian	Mozzarella & tomato	Vegetarian	Hummus & avocado	Vegetarian	Healthy Cheese sandwich
Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free		Also available as Vegan & Gluten Free	

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