

120order menu

British School Amsterdam



Early Years



Baguettes & sandwiches

| | |
|---------------------------------------|--------|
| 1/2 baguette cheese 30+ veggie | € 1,25 |
| 1/2 baguette ham | € 1,25 |
| 1/2 baguette chicken roulade | € 1,25 |
| 1/2 Baguette healthy veggie | € 1,25 |
| 1/2 grilled chicken Teriyaki baguette | € 1,50 |
| 1/2 grilled chicken Pesto Baguette | € 1,50 |
| 1/2 grilled chicken chili baguette | € 1,50 |
| 1/2 baguette dairy spread | € 1,25 |
| 1/2 boiled egg baguette veggie | € 1,25 |
| 1/2 baguette mozzarella veggie | € 1,50 |
| 1/2 baguette salmon | € 1,50 |

| | |
|-------------------------------------|--------|
| Sandwich cheese veggie | € 1,60 |
| Sandwich tuna salad | € 1,60 |
| Sandwich grilled vegetables veggie | € 1,60 |
| Sandwich salmon | € 1,75 |
| Sandwich grilled chicken | € 1,75 |
| Sandwich dairy spread veggie | € 1,60 |
| Sandwich strawberry jam veggie | € 1,60 |
| Sandwich Chocolate sprinkles veggie | € 1,60 |
| Sandwich egg salad veggie | € 1,60 |

Early Years



Dairy & Fruit

| | |
|-----------------------------|--------|
| Yogurt with oatmeal & honey | € 1,25 |
| Yogurt with fruit | € 1,25 |
| Apple | € 0,50 |
| Banana | € 0,50 |
| Fruit salad | € 1,25 |

Drinks

| | |
|---------------------------------------|--------|
| Bottle of water (0.33CL) | € 0,80 |
| Capri-sun Multi vitamin | € 0,80 |
| Taksi sugar free tropical fruit drink | € 0,80 |
| Wicky sugar free fruit drink | € 0,80 |
| Organic semi-wheel milk (0.25CL) | € 0,75 |

Salads

| | |
|--------------------------|--------|
| Salad Chicken | € 2,00 |
| Salad Salmon | € 2,00 |
| Salad Mozzarella veggie | € 2,00 |
| Salad Couscous veggie | € 2,00 |
| Salad Goatcheese veggie | € 2,00 |
| Salad Tuna | € 2,00 |
| Salad pasta pesto veggie | € 2,00 |

Hotmeals

| | |
|-------------------------------|--------|
| Small size hotmeal | |
| Small size hotmeal Veggie | € 3,95 |
| Small size hotmeal Non-Veggie | € 3,95 |

Junior, Senior, Staff



Baguettes & rustic sandwiches

| | |
|-----------------------------------|--------|
| Baguette cheese 30+ veggie | € 2,50 |
| Baguette ham | € 2,50 |
| Baguette chicken roulade | € 2,50 |
| Baguette healthy | € 2,50 |
| Baguette grilled chicken Teriyaki | € 2,95 |
| Baguette grilled chicken Pesto | € 2,95 |
| Baguette grilled chicken Chili | € 2,95 |
| Baguette dairy spread | € 2,50 |
| Baguette boiled egg | € 2,50 |
| Baguette mozzarella | € 2,95 |
| Baguette salmon | € 2,95 |
| Baguette egg salad veggie | € 2,50 |

| | |
|---|--------|
| Rustic sandwich hummus & grilled vegetables | € 3,00 |
| Rustic sandwich grilled chicken chilli | € 3,50 |
| Rustic sandwich mozzarella veggie | € 3,50 |
| Rustic sandwich carpaccio | € 3,50 |
| Rustic sandwich falafel veggie | € 3,00 |
| Rustic sandwich goat cheese veggie | € 3,50 |
| Rustic sandwich salmon | € 3,50 |
| Rustic sandwich meatball | € 3,50 |
| Rustic sandwich crab salad | € 3,50 |
| Rustic sandwich French cheese (Brie) veggie | € 3,50 |
| Rustic sandwich egg salad veggie | € 3,00 |

Junior, Senior, Staff



Wraps

| | |
|-----------------------|--------|
| Wrap falafel veggie | € 3,25 |
| Wrap guacamole veggie | € 3,25 |
| Wrap chicken avocado | € 3,75 |
| Wrap tuna | € 3,75 |
| Wrap salmon tzatziki | € 3,75 |
| Wrap egg salad veggie | € 3,25 |

Dairy & Fruit

| | |
|-----------------------------|--------|
| Yogurt with oatmeal & honey | € 1,60 |
| Yogurt with fruit | € 1,60 |
| Apple | € 0,50 |
| Banana | € 0,50 |
| Fruit salad | € 2,30 |

Drinks

| | |
|------------------------------------|--------|
| Bottle of water (0.50CL) | € 1,60 |
| Crystal clear peach light (0.50CL) | € 1,70 |
| Crystal clear lemon light (0.50CL) | € 1,70 |
| Lipton ice tea green (0.50CL) | € 2,35 |
| Organic semi-wheel milk (0.25CL) | € 0,75 |

Junior, Senior, Staff



Salads & bowls

| | |
|-------------------|--------|
| Salad Chicken | € 2,50 |
| Salad Salmon | € 2,50 |
| Salad Mozzarella | € 2,50 |
| Salad Couscous | € 2,50 |
| Salad Goatcheese | € 2,50 |
| Salad Tuna | € 2,50 |
| Salad pasta pesto | € 2,50 |

Hot Meals

| | |
|---------------------|--------|
| Hot meal veggie | € 7,00 |
| Hot meal non-veggie | € 7,00 |

Subscriptions



Early Years & Junior School:

Pre-packed lunch veggie or no-veggie per half term € 4,85

- Sandwich, bun or wrap with cold cuts, fish or vegetarian together with fruit, fruit salad, vegetable salad or yogurt (daily changing). Served with fruit water.

Senior School & Staff:

Pre-packed lunch veggie or no-veggie per half term € 5,75

- Rustic sandwich or wrap with cold cuts, fish or vegetarian together with fruit, fruit salad or yogurt (daily changing). Served with a daily changing drink.

Pre-packed vegetarian green lunch per half term € 6,75

- Freshly salad (daily changing) with a whole grain sandwich or wrap with fruit, fruit salad or yoghurt. Served with a daily changing drink.

Junior School, Senior School, and Staff:

Hot meal € 7,00

- Daily changing hot meal veggie or no-veggie served with fruit, fruit salad or yogurt (daily changing) and fruit water.

Subscriptions menu's



Below you see the first week of each subscription as a example:

Early Years & Junior School (€ 4,85)

Monday

| | |
|----------------------|-----------------|
| Wrap | Grilled chicken |
| Sandwich | Cheese & Egg |
| Fruit & Dairy & more | Pasta salad |
| Drink | Fruit water |
| Vegetarian | Tomato & Hummus |

Also available as Vegan & Gluten Free

Tuesday

| | |
|----------------------|-----------------------------|
| Soft bun | Cheddar cheese |
| Sandwich | Hummus & grilled vegetables |
| Fruit & Dairy & more | Fruit salad |
| Drink | Fruit water |
| Vegetarian | Guacamole sweet pepper |

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 |

Also available as Vegan & Gluten Free

Thursday

| | |
|----------------------|----------------------------|
| Wrap | Cheese |
| Sandwich | BLT (Bacon, lettuce, mayo) |
| Fruit & Dairy & more | Yoghurt with fruit |
| Drink | Fruit water |
| Vegetarian | Mozzarella |

Also available as Vegan & Gluten Free

Friday

| | |
|----------------------|-------------|
| Sandwich | Grilled ham |
| Wrap | Egg salad |
| Fruit & Dairy & more | Manderin |
| Drink | Fruit water |
| Vegetarian | Healthy |

Also available as Vegan & Gluten Free

Subscriptions menu's



Below you see the first week of each subscription as a example:

Senior School & Staff

Pre-packed lunch veggie or no-veggie per half term (€ 5,75)

Monday

| | |
|----------------------|------------------------|
| Rustic sandwich | Grilled chicken |
| Wrap / baguette | Cheese & Egg |
| Fruit & Dairy & more | Pasta salad |
| Drink | Daily a healthy choice |

Vegetarian

Tomato & Hummus

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

Also available as Vegan & Gluten Free

Friday

| | |
|----------------------|------------------------|
| Baguette | Grilled ham |
| Sandwich | Egg salad |
| Fruit & Dairy & more | Manderin |
| Drink | Daily a healthy choice |

Vegetarian

Healthy

Also available as Vegan & Gluten Free

Tuesday

| | |
|----------------------|-----------------------------|
| Baguette | Cheddar cheese |
| Sandwich | Hummus & grilled vegetables |
| Fruit & Dairy & more | Fruit salad |
| Drink | Daily a healthy choice |

Vegetarian

Guacamole sweet pepper

Also available as Vegan & Gluten Free

Thursday

| | |
|----------------------|----------------------------|
| Baguette | Cheese |
| Sandwich | BLT (Bacon, lettuce, mayo) |
| Fruit & Dairy & more | Yogurt with fruit |
| Drink | Daily a healthy choice |

Vegetarian

Mozzarella

Also available as Vegan & Gluten Free

Subscriptions menu's



Below you see the first week of each subscription as a example:

Senior School & Staff

Pre-packed vegetarian green lunch per half term (€ 6,75)

Monday

| | |
|--------------------------|------------------------|
| Salad | Caprese pasta & pesto |
| Wrap / whole grain bread | Cheese & Egg |
| Fruit & Dairy & more | Apple |
| Drink | Daily a healthy choice |

Also available as Vegan & Gluten Free

Tuesday

| | |
|--------------------------|------------------------|
| Salad | Caeser salad |
| Wrap / whole grain bread | Guacamole sweet pepper |
| Fruit & Dairy & more | Fruit salad |
| Drink | Daily a healthy choice |

Also available as Vegan & Gluten Free

Wednesday

| | |
|--------------------------|-----------------------------|
| Salad | Greek salad |
| Wrap / whole grain bread | Hummus & grilled vegetables |
| Fruit & Dairy & more | Banana |
| Drink | Daily a healthy choice |

Also available as Vegan & Gluten Free

Thursday

| | |
|--------------------------|--------------------------|
| Salad | grilled vegetables salad |
| Wrap / whole grain bread | Dairy spread chives |
| Fruit & Dairy & more | Yogurt with fruit |
| Drink | Daily a healthy choice |

Also available as Vegan & Gluten Free

Friday

| | |
|--------------------------|---------------------------|
| Salad | couscous salad |
| Wrap / whole grain bread | Hummus grilled vegetables |
| Fruit & Dairy & more | Manderin |
| Drink | Daily a healthy choice |

Also available as Vegan & Gluten Free

Hot meals



Below you see the first week as a example:

ITALIAN MONDAY

Linguine with minced beef , vegetables and tomato sauce

Linguine with roasted vegetables , and tomato basil sauce (V)

CHICKEN TUESDAY

Red thai Chicken curry with rice and vegetables

Tofu curry with rice (V)

BEEF WEDNESDAY

Minced beef lasagne

Vegetarian lasagne (V)

INTERNATIONAL THURSDAY

Chicken Gyros with greek style rice and rattatouille

Vegetarian Gyros with greek style rice annd ratatouille (V)

LAZY FRIDAY

Enchiladas with chicken and rice

Vegetarian Enchiladas and rice

NOTE:

Every dish we serve contains at least 150 gram of vegetables or more

 US

and we will

FEED YOUR

Soul