



# food you love

PRE-PACKED LUNCHES

EARLY YEARS



APPÈL

THE BRITISH SCHOOL OF AMSTERDAM





# Pre-packed lunch subscription

## Early Years

At The British School we offer a daily fresh prepared lunch bag for the Early Years. The price of a lunch subscription is:

Early Years: € 3,25 a day

In our ordering system you can order the pre-packed lunch subscription, link:

<https://bestellen.markiescatering.nl/bs2/shopping>

Allergies or diet wishes? Please contact us by email: [Appelcatering@britams.nl](mailto:Appelcatering@britams.nl)

Yours Sincerely,

Appel Catering

Team



# WEEK OF 28 APRIL 2025

The Early Years lunch bags always include fruit water. The menu is also available as vegan or gluten-free.

## Early years

### Monday

- Soft ham & tomato roll
  - Green salad
  - Apple
- \*Vegetarian: guacamole wrap

### Tuesday

- BBQ chicken wrap
  - Crab salad sandwich
  - Fresh fruit salad
- \*Vegetarian: brie sandwich

### Wednesday

- BLT sandwich
  - Cheese wrap
  - Banana
- \*Vegetarian: egg sandwich

### Thursday

- Salami & tomato soft roll
  - Cheese & cucumber sandwich
  - Fruit with yoghurt
- \*Vegetarian: falafel & dairy spread wrap

### Friday

- Egg salad wrap
  - Chicken salad
  - Mandarine
- \*Vegetarian: hummus sandwich



# WEEK OF 5 MAY 2025

The Early Years lunch bags always include fruit water. The menu is also available as vegan or gluten-free.

## Early years

### Monday

- No classes

### Tuesday

- Study day

### Wednesday

- Salami & tomato sandwich
- Chicken wrap
- Banana

\*Vegetarian: egg sandwich

### Thursday

- BLT sandwich
- Cheddar cheese & tomato roll
- Apple

\*Vegetarian: falafel wrap

### Friday

- Salmon & cream cheese wrap
- Chicken salad
- Mandarine

\*Vegetarian: hummus sandwich



# WEEK OF 12 MAY 2025

The Early Years lunch bags always include fruit water. The menu is also available as vegan or gluten-free.

## Early years

### Monday

- Soft ham & tomato roll
  - Green salad
  - Apple
- \*Vegetarian: guacamole wrap

### Tuesday

- BBQ chicken wrap
  - Crab salad sandwich
  - Fresh fruit salad
- \*Vegetarian: brie sandwich

### Wednesday

- BLT sandwich
  - Cheese wrap
  - Banana
- \*Vegetarian: egg sandwich

### Thursday

- Salami & tomato soft roll
  - Cheese & cucumber sandwich
  - Fruit with yoghurt
- \*Vegetarian: falafel & dairy spread wrap

### Friday

- Egg salad wrap
  - Chicken salad
  - Mandarine
- \*Vegetarian: hummus sandwich



# WEEK OF 19 MAY 2025

The Early Years lunch bags always include fruit water. The menu is also available as vegan or gluten-free.

## Early years

### Monday

- Soft roll chicken curry
- Pasta salad
- Apple

\*Vegetarian: cottage cheese wrap

### Tuesday

- Teriyaki chicken wrap
- Egg salad sandwich
- Fresh fruit salad

\*Vegetarian: brie & honey sandwich

### Wednesday

- Ham & tomato sandwich
- Cheese wrap
- Banana

\*Vegetarian: egg sandwich

### Thursday

- Salami & tomato soft roll
- Cheese & cucumber sandwich
- Fruit with yoghurt

\*Vegetarian: falafel & dairy spread wrap

### Friday

- Salmon & cream cheese wrap
- Couscous salad
- Mandarine

\*Vegetarian: hummus sandwich

