

Menu draft:

Day 1 lunch

- sandwich: ham / turkey, cheese, tomato & lettuce
- side: fruit salad (apple, grapes, pineapple, peach)

Alternative menu

- sandwich: avocado, cucumber, bell peppers, black beans

Day 1 dinner

- A. No beef / pork / egg
- Fried Linguine with Olive Oil, Black Truffle & Mushroom
- Japanese Tofu Fish Cake (2pcs)
- Mixed Mushrooms & Vegetables in Olive Oil (150g)
- B. Vegetarian / vegan / dairy-free & lactose-intolerance
- Fried Linguine with Olive Oil, Black Truffle & Mushroom
- Vegan Fried Fish Sticks (2 pcs)
- Impossible Chicken Nuggets (2 pcs)
- Mixed Vegetables in Olive Oil (150g)
- C. No Seafood
- Japanese Boiled Pork Cartilage Fried Rice with Egg
- Baked Honey Chicken Wings (2pcs)
- Italian Meatballs with Tomato Sauce (2pcs)
- Mixed Mushrooms & Vegetables in Olive Oil (150g)

Day 2 breakfast

- cereal: granola, cornflakes or muesli with milk
- fruit: assorted fresh fruits (banana, apple & orange)
- beverage: hot chocolate / condensed juice (just add water)

Alternative menu:

- vegan / gluten-free granola or cornflakes with oat milk
- mixed berry bowl (strawberries, blueberries & raspberries)

Day 2 lunch

- tortilla wrap: canned tuna, baked beans & cucumber
- snack: chips or crackers

Alternative menu:

- tortilla wrap: smoked salmon or veggie wrap with cucumber, bell peppers and spinach.
- snack: rice cracker or vegan-friendly popcorn