



# LACTOSE-FREE MENU



## EURO SPACE CENTER

MONDAY — TUESDAY — WEDNESDAY — THURSDAY — FRIDAY — SATURDAY — SUNDAY

### BREAKFAST

Buffet + sliced cheese

### LUNCH

Courgette soup  
Wiener sausage with  
couscous vegetables

Fruit salad

### SNACK

Lactose-free marbled cake +  
appel juice

### DINNER

Carrot soup  
Macaroni with ham and oat  
milk sauce, bread, salad bar  
or  
Chicken strips with ranch  
potatoes

Lactose-free vanilla cream

### BREAKFAST

Buffet + sliced ham

### LUNCH

Tomato soup  
Chicken breast with steamed  
vegetables, rice and vegetable  
julienne

Fruit

### SNACK

Lactose-free brownies +  
multifruit juice

### DINNER

Pea soup  
Chicken salad and raw  
vegetables, bread, salad bar  
or  
Vegetable spring roll

Speculoos soy cream

### BREAKFAST

Buffet + scrambled eggs

### LUNCH

Pumpkin soup  
Hamburger (beef), cheese  
and bun, fries, mixed salad,  
icerberg salad and tomatoes

Fruit salad

### SNACK

Lactose-free madeleines +  
chocolate milk

### DINNER

Leeks soup  
Spaghettis bolognese,  
bread, salad bar  
or  
Penne with oat milk sauce

Lactose-free vanilla ice cream

### BREAKFAST

Buffet + sliced cheese

### LUNCH

Broccoli soup  
Turkey steak, steamed potatoes,  
apple sauce

Fruit

### SNACK

Lactose free chocolate waffle +  
orange juice

### DINNER

Tomato soup  
Vegetable tortilla, bread,  
salad bar  
or  
Chicken and vegetables  
spring rolls

Chocolate alpro

### BREAKFAST

Buffet + sliced ham

### LUNCH

Broccoli soup  
Breaded fish with a tartar  
sauce, mediterranean vegetables  
ratatouille

Fruit salad

### SNACK

Lactose-free madeleines +  
appel juice

### DINNER

Tomato soup  
Vegetable paella w/w chicken,  
bread, salad bar,  
or  
Macaroni with ham

Soy caramel cream

### BREAKFAST

Buffet + sliced cheese

### LUNCH

Courgette soup  
Hamburger (beef), cheese and  
bun, fries, salad bar

Fruit

### SNACK

Lactose-free brownies +  
lactose-free chocolate milk

### DINNER

Pumpkin soup  
Cantonese-style Pan-fried  
noodles, bread, salad bar  
or  
Spaghettis bolognese

Speculoos soy cream

### BREAKFAST

Buffet + sliced ham

### LUNCH

Tomato soup  
Chicken breast with steamed  
vegetables, rice and vegetable  
julienne

Fruit

### SNACK

Lactose-free brownies +  
multifruit juice

### DINNER

Pea soup  
Sausage bread, bread,  
salad bar

Speculoos soy cream



Breakfast buffet: White and brown bread (toasted or not), jams, spread, butter, cold milk, hot chocolate, coffee or tea, one glass of orange juice per person, water.  
Vegetarian and pork-free menus available upon request at no additional cost.  
Gluten free and/or lactose free menus are available for an additional €3.50/day/person