

# Sandwich trolley product list

The sandwich trolley visits five times daily at approx. 07:30, 10:00, 11:45, 14:30 and 19:30 hour.		
Cold drinks	water, juice, high-protein juice, lemonade	sparkling water, soft drinks
Hot drinks	coffee, tea, savoury broth (beef, chicken or garden herbs), Cup-a-Soup (tomato, mushroom, chicken or vegetable)	
Dairy	milk, buttermilk, chocolate milk	yoghurt, vanilla pudding, fruit yoghurt, fruit quark, Greek yoghurt (granola)
Bread and sandwich toppings	<b>Bread</b> wholemeal bread, white bread, raisin bread, rusk, crispbread, breakfast cake	<b>Meat and cheese</b> ham, chicken fillet, saveloy sausage, smoked meats, pate, cheese
Savoury and sweet spreads	low-fat margarine, margarine, butter, cheese spread, cream cheese, jam, peanut butter, Nutella, apple spread, chocolate sprinkles, honey, hummus, egg/chicken curry/tuna spreads	
Other	boiled egg (only available in the morning), various types of porridge, plum puree	
Fruit and vegetables	apple, orange, pear, banana, kiwi, tomato, cucumber, avocado	



# Mealtimes

The nutritionist will visit you six times a day. These meal and refreshment times are as follows: If you have any questions about your diet, allergens or the menu, our nutritionists will be happy to help!

<b>Breakfast</b> 7.30 - 8.30 h	<b>Selection of breads and toppings</b>
<b>Mid-morning snack</b> 10.00 h - >	<b>Drinks and extra snack</b>
<b>Lunch</b> 11.45 - 12.45 h	<b>Selection of breads and toppings</b>
<b>Afternoon snack</b> 14.30 h - >	<b>Drinks and extra snack</b>
<b>Dinner</b> 16.45 - 17.45 h	<b>Hot meal or salad</b>
<b>Evening snack</b> 19.30 h - >	<b>Drinks and extra snack</b>

Enjoy your meal  
The Máxima MC team

# Menu



## Food and drinks at Máxima MC

Food and drink play an important role in your recovery, and we're happy to help you with this aspect. Our team of cooks, nutritionists and dieticians are on hand every day to help offer you a range of delicious, varied and healthy meals. Our nutritionists will offer you food and drink tailored to your preferences and needs. They'll be happy to help you choose from the menu.

# Weekly Menu

Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Chef's special								
	<b>Indonesian stir fry</b> ✓ Sweet and sour pieces Acar campur (Indonesian pickled vegetables) Stir-fried noodles	<b>Greek grill</b> Gyros ✓ or chicken gyros Tzatziki White cabbage salad Flatbread	<b>Tex Mex Wrap</b> ✓ Sour cream Mexican salad	<b>Balls in sweet chilli sauce</b> ✓ Mexico mix Curry rice with red pepper	<b>Pasta Bolognese</b> ✓ Bolognese sauce Cucumber salad Wholewheat pasta	<b>Thai curry</b> ✓ Couscous with vegetables	<b>Burgundy plate</b> Mushroom ragout ✓ or chicken stew Red cabbage Fried potatoes	
Light meal	<b>Beefburger</b> Gravy Chicory Boiled potatoes	<b>Chicken fillet</b> Gravy Dutch mixed vegetables Boiled potatoes	<b>Braised steak</b> Gravy Spinach Mashed potato	<b>Turkey fillet</b> Gravy Green beans Boiled potatoes	<b>Poached salmon</b> Lemon sauce Carrots Mashed potato	<b>Beef roulade</b> Gravy Peas Boiled potatoes	<b>Gammon</b> Gravy Butter beans Mashed potato	
	<b>Alternative:</b> • Omelette with tomato sauce ✓ • Chicken thighs with gravy • Poached salmon with Hollandaise sauce • Mixed rice • Dutch mixed vegetables	<b>Alternative:</b> • Omelette with tomato sauce ✓ • Chicken thighs with gravy • Poached salmon with Hollandaise sauce • Mixed rice • Dutch mixed vegetables	<b>Alternative:</b> • Omelette with tomato sauce ✓ • Chicken thighs with gravy • Poached salmon with Hollandaise sauce • Mixed rice • Dutch mixed vegetables	<b>Alternative:</b> • Omelette with tomato sauce ✓ • Chicken thighs with gravy • Poached salmon with Hollandaise sauce • Mixed rice • Dutch mixed vegetables	<b>Alternative:</b> • Omelette with tomato sauce ✓ • Chicken thighs with gravy • Poached salmon with Hollandaise sauce • Mixed rice • Dutch mixed vegetables	<b>Alternative:</b> • Omelette with tomato sauce ✓ • Chicken thighs with gravy • Poached salmon with Hollandaise sauce • Mixed rice • Dutch mixed vegetables	<b>Alternative:</b> • Omelette with tomato sauce ✓ • Chicken thighs with gravy • Poached salmon with Hollandaise sauce • Mixed rice • Dutch mixed vegetables	
Salads	<b>Choose between:</b> • Chicken • Salmon • Mozzarella ✓	<b>Choose between:</b> • Chicken • Salmon • Mozzarella ✓	<b>Choose between:</b> • Chicken • Salmon • Mozzarella ✓	<b>Choose between:</b> • Chicken • Salmon • Mozzarella ✓	<b>Choose between:</b> • Chicken • Salmon • Mozzarella ✓	<b>Choose between:</b> • Chicken • Salmon • Mozzarella ✓	<b>Choose between:</b> • Chicken • Salmon • Mozzarella ✓	
Extras	Máxima raw vegetable salad Apple sauce	Máxima raw vegetable salad Apple sauce	Máxima raw vegetable salad Apple sauce	Máxima raw vegetable salad Apple sauce	Máxima raw vegetable salad Apple sauce	Máxima raw vegetable salad Apple sauce	Máxima raw vegetable salad Apple sauce	
Dessert	<b>Choose between:</b> • Strawberry bavaois • Fruit salad • Soy dessert	<b>Choose between:</b> • Greek yoghurt (vanilla) • Fruit salad • Soy dessert	<b>Choose between:</b> • Banana pudding • Fruit salad • Soy dessert	<b>Choose between:</b> • Greek yoghurt (raspberry/blueberry) • Fruit salad • Soy dessert	<b>Choose between:</b> • Chocolate bavaois • Fruit salad • Soy dessert	<b>Choose between:</b> • Vlaflip (yoghurt, custard & syrup) • Fruit salad • Soy dessert	<b>Choose between:</b> • Quark (strawberry/raspberry) • Fruit salad • Soy dessert	✓ = Vegetarian

## Possibility to eat together

In some situations it is possible, for a fee, to eat together. This is done in consultation with the nurse.

Please let us know before 11:30 a.m. if you would like to make use of this possibility?

## Meals at Máxima MC

All meals offered at Máxima MC are compiled in such a way that they are high in protein, and you're able to make the right choice for you. If you have any questions about your diet, allergens or the menu, our nutritionists will be happy to help!