



I SUPPORT THE 2024 SOLIDARITY MEAL



SOS FAIM DEVIENT

humundi

TCO Service is partnering with the NGO Humundi for the 3rd consecutive year of the “solidarity meal” campaign.

This campaign allows **4,300 Senegalese children** to eat a full meal at school **twice a week**.

The NGO Humundi acts around the world to defend small-scale agriculture. In Senegal, it helps 20 schools in the Fatick and Gossas regions to purchase food produced by farmers in the surrounding villages.

The children’s meals are based on local products such as goat’s milk, millet, peanuts or cowpeas*.



One “solidarity meal” served
= €0.50 to €1 donated to Humundi
You’ll recognise it on the menu
by the logo

humundi
SOS FAIM

€10,638 raised
in 2023!






**ORDER TODAY
YOUR SOLIDARITY MEAL
ON THE APRIL MENU !**






**The cowpea is a very popular, highly nutritious bean in West Africa. Like the lentils you’ll find in the “solidarity meal”.*

MENU APRIL 2024

AGNES SCHOOL

Monday 01	Tuesday 02	Thursday 04	Friday 05
		Organic watercress soup <i>Celery</i>	Organic tomato soup with parsley <i>Celery</i>
		 Pasta with vegetables (carrots , tomatoes, courgettes) and legumes <i>Gluten (wheat), dairy, celery</i>	 Apple compote White pudding Parsleyed potatoes <i>Gluten (wheat, barley), dairy, celery, mustard</i>
		Yoghurt <i>Dairy</i>	Biscuit <i>Gluten (wheat, oat, spelt), eggs, dairy, nuts (almonds, hazelnuts, walnuts)</i>
Monday 08	Tuesday 09	Thursday 11	Friday 12
Organic carrot soup <i>Celery</i>	Organic red lentils soup <i>Celery</i>	Organic spinach soup <i>Celery</i>	Organic leek soup <i>Celery</i>
Beef stroganoff (Tomatoes, mushrooms) Rice <i>Dairy, celery, mustard</i>	 Cod fillet creole sauce Courgettes Sweet potatoes puree <i>Gluten (wheat, rye), fish, soy, dairy, celery, mustard</i>	 Pasta (wholemeal) green pesto and peas Grated cheese <i>Gluten (wheat), dairy, celery</i>	Carrots Chicken meatballs Jacket potatoes <i>Gluten (wheat, barley), eggs, dairy, celery</i>
Yoghurt <i>Dairy</i>	Fruit	Biscuit <i>Gluten (wheat, oat, spelt), eggs, dairy, nuts (almonds, hazelnuts, walnuts)</i>	Cheese <i>Dairy</i>
Monday 15	Tuesday 16	Thursday 18	Friday 19
Organic chervil soup <i>Celery</i>	Organic chickpea soup <i>Celery</i>	Organic sweet potatoes soup <i>Celery</i>	Organic watercress soup <i>Celery</i>
Quorn vol-au-vent (mushrooms) Potatoes <i>Gluten (wheat), eggs, dairy, celery</i>	 Carrot stew Hoki fillet <i>Gluten (wheat, rye), fish, soy, dairy, celery</i>	 Rice with sliced vegetables (carrots , peas, onions) and green lentils <i>Gluten (wheat, rye), fish, soy, dairy, celery</i>	 Pasta (wholemeal) ham-cheese-broccoli sauce <i>Gluten (wheat), dairy, celery</i>
Yoghurt <i>Dairy</i>	Fruit	<div>SOLIDARITY MEAL Profits transferred to the NGO HUMUNDI</div>  Dried fruits <i>Celery</i>	Chocolate <i>Dairy</i>
Monday 22	Tuesday 23	Thursday 25	Friday 26
Organic spinach soup <i>Celery</i>	Organic carrot soup <i>Celery</i>	Organic tomato soup <i>Celery</i>	Organic chervil soup <i>Celery</i>
Ratatouille (tomatoes, courgettes, oignons) Chicken breast Bulgur <i>Gluten (wheat), celery</i>	 Pasta Norwegian-style salmon - spinach <i>Gluten (wheat), fish, dairy, celery</i>	 Dahl of red lentils Parsleyed cauliflower Rice <i>Celery, mustard</i>	Salad , dressing Beef burger Mashed potatoes <i>Gluten (wheat, barley), eggs, dairy, celery, mustard</i>
Yoghurt <i>Dairy</i>	Fruit	Biscuit <i>Gluten (wheat, oat, spelt), eggs, dairy, nuts (almonds, hazelnuts, walnuts)</i>	Fruit

 : Vegetarian dish
 : MSC/ASC certified fish (sustainable fishing) : Hake, Pollock, Cod, Salmon, Hoki, fish stick
 : Dish containing pork

Seasonal Vegetables according to the Brussels Environment / BioWallonie seasonal fruit and vegetable calendar

100% ORGANIC the soups are 100% ORGANIC

100% ORGANIC: bulgur, white beans, red beans, yellow lentils, red lentils, green lentils, chickpeas, millet, pasta, eggs, omelettes, barley, quinoa, semolina, bananas, clementines, kiwis, mandarins, oranges, pears *, apples *, peeled tomatoes, yoghurt, olive oil, dark/milk chocolate (bar), beef burger, poultry meatball, plain yogurt, dairy, fresh carrots (slices/cubes).
Certified by www.certisys.eu (BE-BIO-01)

70% local: 70% of ingredients are locally produced.

Allergens with compulsory mention are displayed on the menu in italics (Belgian Royal Decree 17/07/2014). They are present as ingredients in the menu. As our meals are prepared in collective kitchens, we cannot guarantee the absence of traces of additional allergens. For any information, contact our dietician by e-mail: allergie@tcoservice.com. She will get back to you as soon as possible.