

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	Bread wholemeal bread, white bread, raisin bread, rusk, crispbread, breakfast cake	Meat and cheese 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	
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!

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

Enjoy your meal

The Máxima MC team

MMC 521-501_12-23

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								
	Indonesian stir fry ✓ Sweet and sour pork Acar campur (Indonesian pickled vegetables) Stir-fried noodles	Greek grill ✓ Gyros Tzatziki White cabbage salad Flatbread	Tex Mex Wrap ✓ Sour cream Mexican salad	Meatballs in sweet chilli ✓ sauce Mexico mix Curry rice with red pepper	Pasta Bolognese ✓ Bolognese sauce Cucumber salad Wholewheat penne	Thai curry ✓ Couscous with vegetables	Mushroom ragout ✓ Red cabbage Fried potatoes	
Light meal	Beefburger Gravy Chicory Boiled potatoes	Chicken fillet Gravy Dutch mixed vegetables Boiled potatoes	Braised steak Gravy Spinach Mashed potato	Turkey fillet Gravy Green beans Boiled potatoes	Poached salmon Lemon sauce Carrots Mashed potato	Beef roulade Gravy Peas Boiled potatoes	Gammon Gravy Butter beans Mashed potato	
	Alternative: • Omelette with tomato sauce ✓ • Chicken thighs with gravy • Poached salmon with Hollandaise sauce • Mixed rice • Dutch mixed vegetables	Alternative: • Omelette with tomato sauce ✓ • Chicken thighs with gravy • Poached salmon with Hollandaise sauce • Mixed rice • Dutch mixed vegetables	Alternative: • Omelette with tomato sauce ✓ • Chicken thighs with gravy • Poached salmon with Hollandaise sauce • Mixed rice • Dutch mixed vegetables	Alternative: • Omelette with tomato sauce ✓ • Chicken thighs with gravy • Poached salmon with Hollandaise sauce • Mixed rice • Dutch mixed vegetables	Alternative: • Omelette with tomato sauce ✓ • Chicken thighs with gravy • Poached salmon with Hollandaise sauce • Mixed rice • Dutch mixed vegetables	Alternative: • Omelette with tomato sauce ✓ • Chicken thighs with gravy • Poached salmon with Hollandaise sauce • Mixed rice • Dutch mixed vegetables	Alternative: • Omelette with tomato sauce ✓ • Chicken thighs with gravy • Poached salmon with Hollandaise sauce • Mixed rice • Dutch mixed vegetables	
Salads	Choose between: • Chicken • Salmon • Mozzarella ✓	Choose between: • Chicken • Salmon • Mozzarella ✓	Choose between: • Chicken • Salmon • Mozzarella ✓	Choose between: • Chicken • Salmon • Mozzarella ✓	Choose between: • Chicken • Salmon • Mozzarella ✓	Choose between: • Chicken • Salmon • Mozzarella ✓	Choose between: • 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	Choose between: • Strawberry bavaois • Fruit salad • Soy dessert	Choose between: • Greek yoghurt (vanilla) • Fruit salad • Soy dessert	Choose between: • Quark (strawberry/raspberry) • Fruit salad • Soy dessert	Choose between: • Greek yoghurt (raspberry/blueberry) • Fruit salad • Soy dessert	Choose between: • Chocolate bavaois • Fruit salad • Soy dessert	Choose between: • Vlaflip (yoghurt, custard & syrup) • Fruit salad • Soy dessert	Choose between: • Banana pudding • 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!