

MENU ~ AUTUMN/WINTER 2024-2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<i>Snack: Fruits</i> Tagine with tofu Bulgur, raw vegetables Fresh fruits, milk <i>Snack: Apple-cheddar cookie, milk</i>	<i>Snack: Fruits</i> Vegetable quiche Coleslaw Homemade citrus sorbet, milk <i>Snack: Rice cake and fruit compote</i>	<i>Snack: Fruits</i> Shepherd pie Beet salad Yogurt, milk <i>Snack: Date squares, milk</i>	<i>Snack: Fruits</i> Chicken vol-au-vent in whole wheat blossom, seasonal vegetables Fruit compote, milk <i>Snack: Graham biscuit and soya butter</i>	<i>Snack: Fruits</i> pasta primavera Broccoli Fruit salad, milk <i>Snack: Apple-cinnamon cake, milk</i>
2	<i>Snack: Fruits</i> Vegetables soup or "velouté" with beans Focaccia Fruits, milk <i>Snack: Cheese and apple wedge</i>	<i>Snack: Fruits</i> Spanish frittata Chief's salad Yogurt, milk <i>Snack: Homemade cookies, milk</i>	<i>Snack: Fruits</i> Swedish meatballs (poultry) Mashed potatoes and turnip Fruit compot, milk <i>Snack: Veggie pâté and cracker</i>	<i>Snack: Fruits</i> Rice and fish casserole Glazed carrots Homemade iced bars, milk <i>Snack: Vegetable croquette</i>	<i>Snack: Fruits</i> Vegetarian pizza (cheese and veggies) Chef salad Strawberry mousse, milk <i>Snack: Soy butter spread with fruits</i>
3	<i>Snack: Fruits</i> Chicken and white beans cassoulet Vegetables, naan bread Yogurt, milk <i>Snack: Apple bar, milk</i>	<i>Snack: Fruits</i> Crécy soup Served with grilled cheese bites fresh fruits, milk <i>Snack: Balls of energy, milk</i>	<i>Snack: Fruits</i> Fish cake, mixed grain pilaf Roasted brussels sprouts Fresh fruit, milk <i>Snack: Rice craker, Homemade jam, milk</i>	<i>Snack: Fruits</i> Moussaka corn salad Fruit salad, milk <i>Snack: Homemade giant oatmeal cookies, milk</i>	<i>Snack: Fruits</i> Macaroni with gratinated vegetables Cucumber Ice cream, milk <i>Snack: Raisin bread, milk</i>
4	<i>Snack: Fruits</i> Fish rotini Seasonal vegetables Fruit salad, milk <i>Snack: Homemade cookies, milk</i>	<i>Snack: Fruits</i> Corn chowder Cheese and herb bread Yogurt, milk <i>Snack: Pita and dip</i>	<i>Snack: Fruits</i> Sautéed hunter's chicken, fusilli Small green peas Fresh fruit, milk <i>Snack: Tender fruit bar, milk</i>	<i>Snack: Fruits</i> Beef stew Mashed potatoes Fruit compot, milk <i>Snack: Bagel and cream cheese with fruits</i>	<i>Snack: Fruits</i> Lentils soup Hot vegetables crunch on English muffin Fruits crisp, milk <i>Snack: Fortified parfait with fruits</i>
5	<i>Snack: Fruits</i> Beef and barley soup Wheat English muffin Crispy berry squares, milk <i>Snack: Fruit smoothie and dry biscuits</i>	<i>Snack: Fruits</i> Thai fried rice Mandarin spinach Fruit compot, milk <i>Snack: Raw vegetables and dip</i>	<i>Snack: Fruits</i> Fish lasagna Carrot salad Yogurt, milk <i>Snack: Homemade muffin, milk</i>	<i>Snack: Fruits</i> Eggs sandwiches (whole wheat) Caesar salads Pineapple squares, milk <i>Snack: Homemade cookies, milk</i>	<i>Snack: Fruits</i> Chili con carne beef, chef's salad, rice Shredded cheese Fresh fruits, milk <i>Snack: Bread fruit, milk</i>