

semaine/week 2

10-14 Septembre 2018

		LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
petit déjeuner 9:45am	maternelle +CP	Pain au chocolat	Dried Fruit & Salt Biscuits	Cocktail Roll with Cheese	Apple Danish	Veggie pizza slice
	primaire	Fruit	Fruit	Fruit	Fruit	Fruit
salades		Greek Salad	Mediterranean Salad	Tomato & roasted haloumi Salad	Minted cucumber salad	Carrot salad
		Garden Salad	Garden Salad	Garden Salad	Garden salad	Garden salad
légumes		Deglazed Carrots	Sautéed Broccoli	Peas & Baby carrots	Butternut & sweet potato bake	Sautéed onions
végétarien		Vegetable Flan	Onion Bahji & Cucumber Riata	Crumbed Veggie Nuggets	Three bean & mushroom casserole	Veggie cheese burger
plat principal		Crispy Chicken Fillets & Cous Cous	Pork Cutlets With Apple Sauce & crushed Potato	Sautéed lemon & herb hake fillets with pasta in tomato coulis	Beef & mushroom casserole with stir fried rice	Chicken burger & French fries
dessert	primaire & secondaire	Fruit	Chocolate Carrots Cake	Fruit Salad	Fruit	Fruit
		Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
	maternelle + CP	Fruit	Fruit	Fruit	Fruit	Fruit