

semaine/week 3

17-21 Septembre 2018

		LUNDI	MARDI	MERCREDI	JEUDI (Heritage Day menu)	VENDREDI
petit déjeuner 9:45am	maternelle +CP	Cocktail roll with cream cheese & cucumber	Cocktail englishmuffin & jam	Croissant	Oat & coconut biscuit crunchies	Raisin bread
	primaire	Fruit	Fruit	Fruit	Fruit	Fruit
salades		Three Cheese Salad	Caprese Salad	Potato Salad	Tomato, cucumber & red onion salsa	Mexican salad
		Garden Salad	Garden Salad	Garden Salad	Garden salad	Garden salad
légumes		Steamed Mixed Vegetables	Roasted butternut	Buttered Peas & Corn	Creame spinach	Deglaze carrots & onions
végétarien		Gratinated mushrooms with creamy curry sauce	Soya & Veggie casserole	Pasta & veggie bake	Vegetaria bobotie	Vegetable quiche
plat principal		Butter chicken & couscous	Beef Sirloin Cutlets with mushroom sauce & creamed potatoes	Crumbed calamari with pasta velouté	Bobotie & yellow Rice	Sticky BBQ ribs with herbed new baby potatoes
dessert	primaire & secondaire	Fruit	Fruit	Fruit salad	Milk tartlets	Fruit
	maternelle + CP	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
		Fruit	Fruit	Fruit salad	Milk tartlets	Fruit