



Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning snack</u>	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit
<u>Lunch</u>	Vegetable and chicken soup (carrots, quinoa, tomatoes, 10% cream, zucchini, onions, parsley, celery, potatoes, chicken, beans and peppers) served with bread For dessert : Yogurt	Chicken and Rice (olive oil, rice, carrots, celery, peppers, salt & pepper, chicken) Salad (white cabbage, carrot, apple, vinegar, olive oil, salt) For dessert: Pudding	Lentil Soup (onions, garlic, carrots, cumin, lentils, salt & pepper, ginger) served with bread For dessert: Fruit Salad	Pasta toss with vegetables and chicken (macaroni, vegetable oil, broccoli florets, carrots, garlic, dry basil leaves, salt, pepper) For dessert: Yogurt	Sandwiches topped with tuna salad (green salad, tuna and white bread) Salad (white cabbage, carrot, apple, vinegar, olive oil, salt) For dessert: Jello
<u>Afternoon snack</u>	Oatmeal cookies	Strawberry Cake	Tea cookies and Yogurt	Cereal and milk	Asst. home made cookies
<u>Evening snack</u>	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit



Menu - Week 2

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
<u>Morning snack</u>	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit
<u>Lunch</u>	Minestrone soup (onions, garlic, chicken, celery, green beans, zucchini, carrots, tomatoes, peppers, pasta, parsley and oregano) served with bread For dessert: Yogurt	Couscous with vegetables and chicken (onions, chicken, tomato sauce, peas, salt, pepper, couscous, zucchini, butter, garlic) For dessert: Fruit salad	Cream of broccoli soup (Broccoli, celery, chicken, 10% cream, dill and potatoes) served with bread For dessert: Pudding	Spaghetti with red sauce and ground beef (spaghetti, ground beef, pepper, tomato sauce, onions, garlic, pepper, salt, olive oil) For dessert: Jello	Sandwiches topped with tuna salad (green salad, tuna and white bread) For dessert: Yogurt
<u>Afternoon snack</u>	Breaded carrot sticks	Peach Cake	Mini veggie pizzas	Oatmeal cookies	Asst. home made muffins
<u>Evening snack</u>	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit



Menu - Week 3

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
<u>Morning snack</u>	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit
<u>Lunch</u>	Vegetable and chicken soup (carrots, quinoa, tomatoes, 10% cream, zucchini, onions, parsley, potatoes, chicken, beans and peppers) served with bread For dessert: tea cookies	Tuna Casserole <i>(fusilli noodles, tuna, celery, sour cream, mayonnaise, salt, cheese)</i> The dessert: Jello	Fish with Vegetables & Rice <i>(fish, rice, celery, garlic, onion, flour, tomatoes, salt & pepper, peppers, carrots)</i> The dessert: Pudding	Lentil Soup (onions, garlic, carrots, cumin, lentils, salt & pepper, ginger) served with bread The dessert: Cereal	Tuna Salad Sandwiches <i>(green lettuce, mayonnaise, tuna & white bread)</i> The dessert: Yogurt
<u>Afternoon snack</u>	Peach cake	Raw vegetables and Philadelphia cheese sandwiches	Yogurt	Banana bread	Asst. home made cookies
<u>Evening snack</u>	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit



Menu - Week 4

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
<u>Morning snack</u>	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit	Milk Fresh seasonal fruit
<u>Lunch</u>	Minestrone soup (onions, garlic, beans, chicken, barley, celery, zucchini, carrots, tomatoes, peppers, pasta, parsley and oregano) served with bread For dessert: Tea cookies	Pasta Alfredo (pasta, peas & chicken, cooking cream 10%, garlic, butter, milk, salt and pepper) The dessert: fruit salad	Cream of broccoli soup (Broccoli, celery, chicken, 10% cream, dill and potatoes) served with bread For dessert: Pudding	Bolognese Pasta (pasta, cheese, ground beef, onions, tomatoes, carrots, peppers, mushrooms, cumin, cinnamon, salt & pepper) For dessert: Jello	Tuna Salad Sandwiches (green lettuce, mayonnaise, tuna & white bread) The dessert: Yogurt
<u>Afternoon snack</u>	Cereal and milk	Chocolate chip cookies	Vegetable Pizza	Breaded carrot sticks	Sweet milk bread
<u>Evening snack</u>	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit