



Menu Week 1

Day of the week	Monday	Tuesday	Wednesday	Thursday
AM Snack	Milk Seasonal fruit	Milk Seasonal fruit	Milk Seasonal fruit	Milk Seasonal fruit
Lunch	Chicken vermicelli soup with fresh bread	Couscous with vegetables and chicken	Lazy cabbage rolls with beef and rice	Mornay pasta
• Ingredients	<i>Carrots, onions, potatoes, chicken, rice vermicelli, dill, parsley, lemon, tomato sauce, peppers, salt and pepper</i>	<i>Couscous, chicken, chickpeas, onions, tomatoes, peas, salt and pepper, zucchini, butter and garlic</i>	<i>Rice, beef, onions, peppers, carrots, cabbage, salt and pepper, vegetable oil, tomato sauce, dill, bay leaves and paprika</i>	<i>Tofu, mozzarella or cheddar cheese, cottage cheese, milk, flour, cooking cream, macaroni, butter, bay leaves, salt and pepper</i>
• Dessert	Fruit salad	Tea biscuits	Yogurt	Cereal
PM Snack	Oatmeal	Raw veggies with Philadelphia cream cheese sandwiches	Banana bread	Oatmeal
Evening Snack	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit



Menu Week 1 - Nursery

Day of the week	Monday	Tuesday	Wednesday	Thursday
AM Snack	Milk Seasonal fruit	Milk Seasonal fruit	Milk Seasonal fruit	Milk Seasonal fruit
Lunch	Chicken vermicelli soup with fresh bread	Couscous with vegetables and chicken	Lazy cabbage rolls with beef and rice	Mornay pasta
• Ingredients	<i>Carrots, onions, potatoes, chicken, rice vermicelli, dill, parsley, lemon, tomato sauce, peppers, salt and pepper</i>	<i>Couscous, chicken, chickpeas, onions, tomatoes, peas, salt and pepper, zucchini, butter and garlic</i>	<i>Rice, beef, onions, peppers, carrots, cabbage, salt and pepper, vegetable oil, tomato sauce, dill, bay leaves and paprika</i>	<i>Tofu, mozzarella or cheddar cheese, cottage cheese, milk, flour, cooking cream, macaroni, butter, bay leaves, salt and pepper</i>
• Dessert	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
PM Snack	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Evening Snack	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit