

LUNCH MENU

EC - GRADE 2

Week 1 : September 1st - 2nd	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with tomato sauce	Rice with carrots ragout	Pasta with ragu Bolognese sauce	Pasta with pesto	Rice with soft cheese
	Omelette with cheese	Lemon chicken	Eggplant treats	Roasted turkey breast	Fish sticks
	Green beans	Salad	Tomato salad	Sauteed zucchini	Steamed carrots
Week 2 : September 5th - 9th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with tuna	Pasta with zucchini and cheese	Pizza margherita	Saffron risotto	Pasta with tomato sauce
	Mozzarella	Turkey bites	Veggie flan	Meatballs	Fried squid
	Cherry tomatoes	Salad	Mashed carrots	Green beans	Carrots au julienne
Week 3: September 12th - 16th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with evo oil	Parmesan risotto	Lasagne au gratin	Pasta with oil and ricotta cheese	Tomato risotto
	Omelette with vegetables	Chicken cutlets	Veggie burger	Roasted turkey	Cod cutlets
	Salad	Sauteed zucchini	Green beans	Steamed carrots	Tomato salad
Week 4: September 19th - 24th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with pesto	Pasta with tomato sauce	Pizza margherita	Risotto with pumpkin	Pasta with zucchini
	Primo sale cheese	Chicken nuggets	Lentils falafels	Mini grilled burger	Fish nuggets
	Salad	Peas and carrots	Tomato salad	Carrots au julienne	Green beans
Week 5: September 26th - 30th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with cream of broccoli	Rice with lentils	Baked pasta	Anellini pasta with butter	Rice with cream of vegetables
	Mini omelette	Turkey bites	Potatoes flan	Chicken cutlets	Fish burger
	Steamed zucchini	Spinach with evo oil	Carrots au julienne	Broccoli with evo oil	Salad

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Week 1 : October 3rd - 7th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with tomato sauce	Rice with carrots ragout	Pasta with ragu Bolognese sauce	Pasta with pesto	Rice with soft cheese
	Omelette with cheese	Lemon chicken	Eggplant treats	Roasted turkey breast	Fish sticks
	Green beans	Salad	Tomato salad	Sauteed zucchini	Steamed carrots
Week 2 : October 10th - 14th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with tuna	Pasta with zucchini and cheese	Pizza margherita	Saffron risotto	Pasta with tomato sauce
	Mozzarella	Turkey bites	Veggie flan	Meatballs	Fried squid
	Cherry tomatoes	Salad	Mashed carrots	Green beans	Carrots au julienne
Week 3: October 17th - 21st	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with evo oil	Parmesan risotto	Lasagne au gratin	Pasta with oil and ricotta cheese	Tomato risotto
	Omelette with vegetables	Chicken cutlets	Veggie burger	Roasted turkey	Cod cutlets
	Salad	Sauteed zucchini	Green beans	Steamed carrots	Tomato salad
Week 4: October 24th - 28th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with pesto	Pasta with tomato sauce	Pizza margherita	Risotto with pumpkin	Pasta with zucchini
	Primo sale cheese	Chicken nuggets	Lentils falafels	Mini grilled burger	Fish nuggets
	Salad	Peas and carrots	Tomato salad	Carrots au julienne	Green beans
Week 5: October 31st - November 4th	Fall Break				