

Menu

Monday		
29-Jan	Soup	Zucchini Soup
	Main Dish	Chicken Drumsticks
	Side Dish	Roast Sweet Potatoes
	Vegetables	Spinach Purée
	Dessert	Fruit

Monday		
5-Feb	Soup	Spinach Soup
	Main Dish	Brazilian Rumpsteak
	Side Dish	Roast Potatoes
	Vegetables	Green Beans
	Dessert	Fruit

Monday		
19-Feb	Soup	Green Bean Soup
	Main Dish	Bolognaise
	Side Dish	Mashed Potatoes
	Vegetables	Broccoli
	Dessert	Fruit

Monday		
26-Feb	Soup	Zucchini Soup
	Main Dish	Chicken Drumsticks
	Side Dish	Roast Sweet Potatoes
	Vegetables	Spinach Purée
	Dessert	Fruit

Monday		
4-Mar	Soup	Spinach Soup
	Main Dish	Brazilian Rumpsteak
	Side Dish	Roast Potatoes
	Vegetables	Green Beans
	Dessert	Fruit

Monday		
11-Mar	Soup	Green Bean Soup
	Main Dish	Bolognaise
	Side Dish	Mashed Potatoes
	Vegetables	Broccoli
	Dessert	Fruit

Monday		
18-Mar	Soup	Zucchini Soup
	Main Dish	Chicken Drumsticks
	Side Dish	Roast Sweet Potatoes
	Vegetables	Spinach Purée
	Dessert	Fruit

Monday		
8-Apr	Soup	Spinach Soup
	Main Dish	Brazilian Rumpsteak
	Side Dish	Roast Potatoes
	Vegetables	Green Beans
	Dessert	Fruit

Monday		
15-Apr	Soup	Green Bean Soup
	Main Dish	Bolognaise
	Side Dish	Mashed Potatoes
	Vegetables	Broccoli
	Dessert	Fruit

Tuesday		
30-Jan	Soup	Chicken Soup w/ Noodles
	Main Dish	Tuna Rice
	Side Dish	Black-eyed Peas
	Vegetables	roast Zucchini
	Dessert	Fruit

Tuesday		
6-Feb	Soup	Pumpkin Soup
	Main Dish	Baked Hake
	Side Dish	Boiled Potatoes & chickpea
	Vegetables	Broccoli
	Dessert	Fruit

Tuesday		
20-Feb	Soup	Vegetables Soup
	Main Dish	Penne w/ Salmon Strogonoff
	Side Dish	Included
	Vegetables	Greek Vegetables
	Dessert	Fruit

Tuesday		
27-Feb	Soup	Chicken Soup w/ Noodles
	Main Dish	Tuna Rice
	Side Dish	Black-eyed Peas
	Vegetables	roast Zucchini
	Dessert	Fruit

Tuesday		
5-Mar	Soup	Pumpkin Soup
	Main Dish	Baked Hake
	Side Dish	Boiled Potatoes & chickpea
	Vegetables	Broccoli
	Dessert	Fruit

Tuesday		
12-Mar	Soup	Vegetables Soup
	Main Dish	Penne w/ Salmon Strogonoff
	Side Dish	Included
	Vegetables	Greek Vegetables
	Dessert	Fruit

Tuesday		
19-Mar	Soup	Chicken Soup w/ Noodles
	Main Dish	Tuna Rice
	Side Dish	Black-eyed Peas
	Vegetables	roast Zucchini
	Dessert	Fruit

Tuesday		
9-Apr	Soup	Pumpkin Soup
	Main Dish	Baked Hake
	Side Dish	Boiled Potatoes & chickpea
	Vegetables	Broccoli
	Dessert	Fruit

Tuesday		
16-Apr	Soup	Vegetables Soup
	Main Dish	Penne w/ Salmon Strogonoff
	Side Dish	Included
	Vegetables	Greek Vegetables
	Dessert	Fruit

Wednesday		
31-Jan	Soup	Red Bean Soup
	Main Dish	Turkey Steak
	Side Dish	Rice Noodles
	Vegetables	Boiled Chinese Vegetables
	Dessert	Strawberry Jelly

Wednesday		
7-Feb	Soup	Broccoli Soup
	Main Dish	Turkey Ham & Mushrooms Pizza
	Side Dish	Included
	Vegetables	Greek Salad
	Dessert	Mango Mousse

Wednesday		
21-Feb	Soup	Carrot Soup
	Main Dish	Duck Rice
	Side Dish	Included
	Vegetables	Stewed Peas
	Dessert	Banana & Strawberry Mousse

Wednesday		
28-Feb	Soup	Red Bean Soup
	Main Dish	Turkey Steak
	Side Dish	Rice Noodles
	Vegetables	Boiled Chinese Vegetables
	Dessert	Strawberry Jelly

Wednesday		
6-Mar	Soup	
	Main Dish	
	Side Dish	PARENT-TEATCHER MEETINGS
	Vegetables	
	Dessert	

Wednesday		
13-Mar	Soup	Carrot Soup
	Main Dish	Duck Rice
	Side Dish	Pasta
	Vegetables	Stewed Peas
	Dessert	Banana & Strawberry Mousse

Wednesday		
20-Mar	Soup	Red Bean Soup
	Main Dish	Turkey Steak
	Side Dish	Rice Noodles
	Vegetables	Boiled Chinese Vegetables
	Dessert	Strawberry Jelly

Wednesday		
10-Apr	Soup	Broccoli Soup
	Main Dish	Turkey Ham & Mushrooms Pizza
	Side Dish	Included
	Vegetables	Greek Salad
	Dessert	Mango Mousse

Wednesday		
17-Apr	Soup	Carrot Soup
	Main Dish	Duck Rice
	Side Dish	Pasta
	Vegetables	Stewed Peas
	Dessert	Banana & Strawberry Mousse

Thursday		
1-Feb	Soup	Watercress Soup
	Main Dish	Hake Fillets
	Side Dish	Mashed Potatoes
	Vegetables	roast Carrot
	Dessert	Fruit

Thursday		
8-Feb	Soup	Cauliflower
	Main Dish	Steamed Fish
	Side Dish	Mashed Potatoes
	Vegetables	roast Pumpkin
	Dessert	Fruit

Thursday		
22-Feb	Soup	Chickpea Soup
	Main Dish	Fish Fingers
	Side Dish	White Rice
	Vegetables	roast Carrot
	Dessert	Fruit

Thursday		
29-Feb	Soup	Watercress Soup
	Main Dish	Hake Fillets
	Side Dish	Mashed Potatoes
	Vegetables	roast Carrot
	Dessert	Fruit

Thursday		
7-Mar	Soup	Cauliflower
	Main Dish	Steamed Fish
	Side Dish	Mashed Potatoes
	Vegetables	roast Pumpkin
	Dessert	Fruit

Thursday		
14-Mar	Soup	Chickpea Soup
	Main Dish	Fish Fingers
	Side Dish	White Rice
	Vegetables	roast Carrot
	Dessert	Fruit

Thursday		
21-Mar	Soup	Watercress Soup
	Main Dish	Hake Fillets
	Side Dish	Mashed Potatoes
	Vegetables	roast Carrot
	Dessert	Fruit

Thursday		
11-Apr	Soup	Cauliflower
	Main Dish	Steamed Fish
	Side Dish	Mashed Potatoes
	Vegetables	roast Pumpkin
	Dessert	Fruit

Thursday		
18-Apr	Soup	Chickpea Soup
	Main Dish	Fish Fingers
	Side Dish	White Rice
	Vegetables	roast Carrot
	Dessert	Fruit

Friday		
2-Feb	Soup	Carrot Soup
	Main Dish	Veal Meatballs
	Side Dish	Carrot Rice
	Vegetables	Boiled Cauliflower
	Dessert	Fruit

Friday		
9-Feb	Soup	Lentils Soup
	Main Dish	Bolognaise
	Side Dish	Pasta
	Vegetables	roast Carrot
	Dessert	Fruit

Friday		
23-Feb	Soup	White Bean Soup
	Main Dish	Veal Hamburger
	Side Dish	Roast Potatoes
	Vegetables	roast Pumpkin
	Dessert	Fruit

Friday		
1-Mar	Soup	Carrot Soup
	Main Dish	Veal Meatballs
	Side Dish	Carrot Rice
	Vegetables	Boiled Cauliflower
	Dessert	Fruit

Friday		
8-Mar	Soup	Lentils Soup
	Main Dish	Bolognaise
	Side Dish	Pasta
	Vegetables	roast Carrot
	Dessert	Fruit

Friday		
15-Mar	Soup	White Bean Soup
	Main Dish	Veal Hamburger
	Side Dish	Roast Potatoes
	Vegetables	roast Pumpkin
	Dessert	Fruit

Friday		
22-Mar	Soup	Carrot Soup
	Main Dish	Veal Meatballs
	Side Dish	Carrot Rice
	Vegetables	Boiled Cauliflower
	Dessert	Fruit

Friday		
12-Apr	Soup	Lentils Soup
	Main Dish	Bolognaise
	Side Dish	Pasta
	Vegetables	roast Carrot
	Dessert	Fruit

Friday		
19-Apr	Soup	White Bean Soup
	Main Dish	Veal Hamburger
	Side Dish	Roast Potatoes
	Vegetables	roast Pumpkin
	Dessert	Fruit

We use only vegetable cream because they have 30% less fat than those of animal origin