

LUNCH MENU

GRADES 3 - 12 and Staff

Week 3: January 9th - 13th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with tomato sauce	Saffron risotto	Baked lasagna	Pasta al pesto	Pasta with eggplant and tomato
	Grilled chicken	Turkey bites with curry	Veal Balls with peas	Chicken strips with soy	Cod escalope
	Mashed potatoes	Sauteed cauliflowers	Green beans with tomato	Broccoli au gratin	Carrots with butter
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Hummus	Mini cheese omelette	Potatoes and mushrooms Rosti	Eggplant and provola cheese flan	zucchini and cipolla savory pancakes
	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled john dory	Grilled scamorza	Grilled cod	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches
Week 4: January 16th - 20th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Orecchiette pasta with turnips	Pasta alla sorrentina	Pasta with ragù bolognese	Pasta with cream of pumpkin	Pasta with zucchini and procola cheese
	Chicken cutlets	Baked turkey breast	Lemon chicken breast	Grilled burger	Fish and chips
	Sauteed zucchini	Sprouts with butter	Mashed potatoes	Sauteed chicory	French fries
	Min vegetarian Gateau	Rice Crouton with red cabbage	Zucchini flan	Babaganoush with crouton	Chard and mozzarella flan
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Pizza	Pizza	Pizza	Pizza	Pizza
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled swordfish	Grilled scamorza	Grilled hake	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches

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Week 5: January 23rd - 27th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with white meat sauce and rosemary	Mushrooms risotto	Baked pasta with cheese	Pasta with ragù bolognese	Pasta with smoked salmon
	Rosemary chicken leg	Turkey nuggets	Boiled Beef with green sauce	Chicken and spinach burger	Fried squid
	Carrots with butter	Roasted potatoes	Steamed chard	Sauteed cauliflowers	Sauteed green beans
	Duchess of vegetables	Grilled vegetables strudel	Vegan pie	Zucchini flan	Pumpkin and cabbage pie with cumin
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Pizza	Pizza	Pizza	Pizza	Pizza
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled john dory	Grilled scamorza	Grilled cod	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches
Week 1: January 30th - February 3rd	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with ragù bolognese	Pumpkin risotto	Gnocchi with basil and tomato sauce	Pasta with chickpeas and Rosemary	Pennette arrabbiata
	Chicken with sage	Roasted turkey leg	Grilled burger	Chicken burrito	Hake fillet au gratin
	Sauteed Green Beans	Sauteed peas	Roasted Potatoes	Steamed chard	Sauteed broccoli
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Kale and apple Strudel	Spinach omelette	Polenta with grilled vegetables	Puff pastry with ricotta and spinach	Barley and carrots flan with peas
	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled john dory	Grilled scamorza	Grilled cod	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches

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Week 2 : February 6th - 10th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with tomato and ricotta	Tomato risotto	Pasta with mushrooms and truffle sauce	Pasta with ragù bolognese	Pasta with tomato and capers
	Chicken thigh with carrots	Turkey burrito	Grilled burger	Chicken cutlets	Fish burger
	Spinach with butter	Potatoes and green beans	Sauteed zucchini	French Fries	Sauteed chard
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Veggie burger	Legumes falafel	Potatoes and leeks Quiche	Stuffed eggplant with croutons	Baked ricotta with confit tomatoes
	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled swordfish	Grilled scamorza	Grilled hake	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches
Week 3: February 13th - 17th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with tomato sauce	Saffron risotto	Baked lasagna	Pasta al pesto	Pasta with eggplant and tomato
	Grilled chicken	Turkey bites with curry	Veal Balls with peas	Chicken strips with soy	Cod escalope
	Mashed potatoes	Sauteed cauliflowers	Green beans with tomato	Broccoli au gratin	Carrots with butter
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Hummus	Mini cheese omelette	Potatoes and mushrooms Rosti	Eggplant and provola cheese flan	zucchini and cipolla savory pancakes
	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled john dory	Grilled scamorza	Grilled cod	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches

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Week 4: February 20th - 24th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Orecchiette pasta with turnips	Pasta alla sorrentina	Pasta with ragù bolognese	Pasta with cream of pumpkin	Pasta with zucchini and procola cheese
	Chicken cutlets	Baked turkey breast	Lemon chicken breast	Grilled burger	Fish and chips
	Sauteed zucchini	Sprouts with butter	Mashed potatoes	Sauteed chicory	French fries
	Min vegetarian Gateau	Rice Crouton with red cabbage	Zucchini flan	Babaganoush with crouton	Chard and mozzarella flan
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Pizza	Pizza	Pizza	Pizza	Pizza
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled swordfish	Grilled scamorza	Grilled hake	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches
Week 5: February 27th - March 3rd	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with white meat sauce and rosemary	Mushrooms risotto	Baked pasta with cheese	Pasta with ragù bolognese	Pasta with smoked salmon
	Rosemary chicken leg	Turkey nuggets	Boiled Beef with green sauce	Chicken and spinach burger	Fried squid
	Carrots with butter	Roasted potatoes	Steamed chard	Sauteed cauliflowers	Sauteed green beans
	Duchess of vegetables	Grilled vegetables strudel	Vegan pie	Zucchini flan	Pumpkin and cabbage pie with cumin
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Pizza	Pizza	Pizza	Pizza	Pizza
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled john dory	Grilled scamorza	Grilled cod	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches

LUNCH MENU

GRADES 3 - 12 and Staff

Week 1: March 6th - 10th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with ragù bolognese	Pumpkin risotto	Gnocchi with basil and tomato sauce	Pasta with chickpeas and Rosemary	Pennette arrabbiata
	Chicken with sage	Roasted turkey leg	Grilled burger	Chicken burrito	Hake fillet au gratin
	Sauteed Green Beans	Sauteed peas	Roasted Potatoes	Steamed chard	Sauteed broccoli
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Kale and apple Strudel	Spinach omelette	Polenta with grilled vegetables	Puff pastry with ricotta and spinach	Barley and carrots flan with peas
	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled john dory	Grilled scamorza	Grilled cod	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches
Week 2 : March 13th - 17th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta with tomato and ricotta	Tomato risotto	Pasta with mushrooms and truffle sauce	Pasta with ragù bolognese	Pasta with tomato and capers
	Chicken thigh with carrots	Turkey burrito	Grilled burger	Chicken cutlets	Fish burger
	Spinach with butter	Potatoes and green beans	Sauteed zucchini	French Fries	Sauteed chard
	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Veggie burger	Legumes falafel	Potatoes and leeks Quiche	Stuffed eggplant with croutons	Baked ricotta with confit tomatoes
	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven	Pizza from pizza oven
	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables	Steamed seasonal vegetables
	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables	Grilled/Roasted seasonal vegetables
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
	Grilled chicken breast	Grilled swordfish	Grilled scamorza	Grilled hake	Grilled turkey breast
	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches	Turkey/cheese sandwiches