



3rd quarter menu

Monday	
27/jan	
Soup	Spinach Soup
Main Dish	Penne w/ Chicken & Basil
Secondary Dish	Hake w/ Italian Sauce
Vegetarian Dish	Vegetarian Moussaka
Side Dish	Boiled Potatoes
Vegetables	Carrot & Peas
Dessert	Fruit

Tuesday	
28/jan	
Soup	Chickpea Soup
Main Dish	Fish Fingers
Secondary Dish	Beef Steak
Vegetarian Dish	Tofu w/ Corn Bread and Coriander
Side Dish	Tomato and Coriander Rice
Vegetables	Spinach Purée
Dessert	Fruit

Wednesday	
29/jan	
Soup	Pumpkin Soup
Main Dish	Bolognaise
Secondary Dish	Codfish w/ Cream
Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchis
Side Dish	Included
Vegetables	Greek Vegetables
Dessert	Fruit

Thursday	
30/jan	
Soup	Broccoli Soup
Main Dish	Noodles w/ Fish
Secondary Dish	Pizza W/ Turkey Ham and Mushrooms
Vegetarian Dish	Chickpeas w/ Pumpkin Curry
Side Dish	White Rice
Vegetables	Chinese vegetables
Dessert	Fruit

Friday	
31/jan	
Soup	Cauliflower & Coriander Soup
Main Dish	Chicken Lasagna
Secondary Dish	Fuzilli w/ Hake Bolognaise
Vegetarian Dish	Mexican Bowl w/ Seitan
Side Dish	Included
Vegetables	Carrot Purée
Dessert	Fruit

Monday	
03/feb	
Soup	Green Bean Soup
Main Dish	Bolognaise
Secondary Dish	Seafood sticks w/ Pink Sauce
Vegetarian Dish	Spinach & Cottage Cheese Lasagna
Side Dish	Dark Rice
Vegetables	Stewed Peas
Dessert	Fruit

Tuesday	
04/feb	
Soup	Vegetables Soup
Main Dish	Salmon Burguer
Secondary Dish	Carbonara
Vegetarian Dish	Vegetarian "Meatballs"
Side Dish	Wholemeal Pasta
Vegetables	Broccoli
Dessert	Banana and Strawberry Mousse

Wednesday	
05/feb	
Soup	HALF DAY
Main Dish	
Secondary Dish	
Vegetarian Dish	
Side Dish	
Vegetables	
Dessert	

Thursday	
06/feb	
Soup	White Bean Soup
Main Dish	Pizza w/ Tuna & Egg
Secondary Dish	Turkey Steak w/ Mustard
Vegetarian Dish	Vegetarian Cassoulet
Side Dish	White Rice
Vegetables	Boiled Beetroot
Dessert	Fruit

Friday	
07/feb	
Soup	Pumpkin Soup
Main Dish	Brazilian Rumpsteak
Secondary Dish	Green Salsa Hake
Vegetarian Dish	Vegetarian Enchilada
Side Dish	Noisette Potatoes
Vegetables	Roasted pumpkin
Dessert	Fruit

Monday	
10/feb	
Soup	Carrot Soup w/ Coriander
Main Dish	Veal Hamburger
Secondary Dish	Penne w/ Salmon Strogonoff
Vegetarian Dish	Czech Fuzilli (Fuzilli w/ Mozzarella Cheese & Basil)
Side Dish	Wholemeal Pasta
Vegetables	Mediterranean Mix
Dessert	Fruit

Tuesday	
11/feb	
Soup	Chicken Soup w/ Noodles
Main Dish	Fish Fingers
Secondary Dish	Turkey Steak w/Cream
Vegetarian Dish	Vegetarian Burger
Side Dish	Carrot Rice
Vegetables	Romaine Vegetables
Dessert	Fruit

Wednesday	
12/feb	
Soup	Red Bean Soup
Main Dish	Duck Rice
Secondary Dish	Codfish Patties
Vegetarian Dish	Quinoa Salad w/Roast Pumpkin
Side Dish	Peas Rice
Vegetables	Cauliflower
Dessert	Fruit

Thursday	
13/feb	
Soup	Watercress Soup
Main Dish	Tuna Rice
Secondary Dish	Stewed Lamb
Vegetarian Dish	Pizza Margherita
Side Dish	Roast Potatoes
Vegetables	Green Beans
Dessert	Fruit

Friday	
14/feb	
Soup	Zucchini Soup
Main Dish	Chicken Stew
Secondary Dish	Fish Lasagna
Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)
Side Dish	White Rice
Vegetables	Roasted Carrot
Dessert	Mango Mousse

Monday	
17/feb	
Soup	Spinach Soup
Main Dish	Penne w/ Chicken & Basil
Secondary Dish	Hake w/ Italian Sauce
Vegetarian Dish	Vegetarian Moussaka
Side Dish	Boiled Potatoes
Vegetables	Carrot & Peas
Dessert	Fruit

Tuesday	
18/feb	
Soup	Chickpea Soup
Main Dish	Fish Fingers
Secondary Dish	Beef Steak
Vegetarian Dish	Tofu w/ Corn Bread and Coriander
Side Dish	Tomato and Coriander Rice
Vegetables	Spinach Purée
Dessert	Fruit

Wednesday	
19/feb	
Soup	Pumpkin Soup
Main Dish	Bolognaise
Secondary Dish	Codfish w/ Cream
Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchis
Side Dish	Included
Vegetables	Greek Vegetables
Dessert	Fruit

Thursday	
20/feb	
Soup	Broccoli Soup
Main Dish	Noodles w/ Fish
Secondary Dish	Pizza W/ Turkey Ham and Mushrooms
Vegetarian Dish	Chickpeas w/ Pumpkin Curry
Side Dish	White Rice
Vegetables	chinese vegetables
Dessert	Fruit

Friday	
21/feb	
Soup	Cauliflower & Coriander Soup
Main Dish	Chicken Lasagna
Secondary Dish	Fuzilli w/ Hake Bolognaise
Vegetarian Dish	Mexican Bowl w/ Seitan
Side Dish	Included
Vegetables	Carrot Purée
Dessert	Fruit

Monday		Tuesday		Wednesday		Thursday		Friday		
24/feb	Soup	CARNIVAL HOLIDAYS		Soup	Carrot Soup w/ Coriander	Soup	White Bean Soup	Soup	Pumpkin Soup	
	Main Dish			Main Dish	Pizza w/ Tuna & Egg	Main Dish	Brazilian Rumpsteak			
	Secondary Dish			Secondary Dish	Hake	Secondary Dish	Green Salsa Hake			
	Vegetarian Dish			Vegetarian Dish	Oatmeal w/ Roast Vegetables & Eggs	Vegetarian Dish	Vegetarian Enchilada			
	Side Dish			Side Dish	Roast Potatoes	Side Dish	Noisette Potatoes			
	Vegetables			Vegetables	Zucchini	Vegetables	Roasted pumpkin			
	Dessert			Dessert	Fruit	Dessert	Fruit			
Monday		Tuesday		Wednesday		Thursday		Friday		
02/mar	Soup	Carrot Soup w/ Coriander	Soup	Chicken Soup w/ Noodles	Soup	Red Bean Soup	Soup	Watercress Soup	Soup	Zucchini Soup
	Main Dish	Veal Hamburger	Main Dish	Fish Fingers	Main Dish	Duck Rice	Main Dish	Tuna Rice	Main Dish	Chicken Stew
	Secondary Dish	Penne w/ Salmon Strogonoff	Secondary Dish	Turkey Steak w/Cream	Secondary Dish	Codfish Patties	Secondary Dish	Stewed Lamb	Secondary Dish	Fish Lasagna
	Vegetarian Dish	Czech Fuzilli (Fuzilli w/ Mozzarella Cheese & Basil)	Vegetarian Dish	Vegetarian Burger	Vegetarian Dish	Quinoa Salad w/Roast Pumpkin	Vegetarian Dish	Pizza Margherita	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)
	Side Dish	Wholemeal Pasta	Side Dish	Carrot Rice	Side Dish	Peas Rice	Side Dish	Roast Potatoes	Side Dish	White Rice
	Vegetables	Mediterranean Mix	Vegetables	Romaine Vegetables	Vegetables	Cauliflower	Vegetables	Green Beans	Vegetables	Roasted Carrot
	Dessert	Fruit	Dessert	Fruit	Dessert	Fruit	Dessert	Fruit	Dessert	Mango Mousse
Monday		Tuesday		Wednesday		Thursday		Friday		
09/mar	Soup	Spinach Soup	Soup	Chickpea Soup	Soup	PARENT / TEACHER CONFERENCES	Soup	Broccoli Soup	Soup	Cauliflower & Coriander Soup
	Main Dish	Penne w/ Chicken & Basil	Main Dish	Fish Fingers	Main Dish		Noodles w/ Fish	Main Dish	Chicken Lasagna	
	Secondary Dish	Hake w/ Italian Sauce	Secondary Dish	Beef Steak	Secondary Dish		Pizza W/ Turkey Ham and Mushrooms	Secondary Dish	Fuzilli w/ Hake Bolognaise	
	Vegetarian Dish	Vegetarian Moussaka	Vegetarian Dish	Tofu w/ Corn Bread and Coriander	Vegetarian Dish		Chickpeas w/ Pumpkin Curry	Vegetarian Dish	Mexican Bowl w/ Seitan	
	Side Dish	Boiled Potatoes	Side Dish	Tomato and Coriander Rice	Side Dish		White Rice	Side Dish	Included	
	Vegetables	Carrot & Peas	Vegetables	Spinach Purée	Vegetables		chinese vegetables	Vegetables	Carrot Purée	
	Dessert	Fruit	Dessert	Fruit	Dessert		Fruit	Dessert	Fruit	
Monday		Tuesday		Wednesday		Thursday		Friday		
16/mar	Soup	Green Bean Soup	Soup	Vegetables Soup	Soup	HALF DAY	Soup	White Bean Soup	Soup	Pumpkin Soup
	Main Dish	Bolognaise	Main Dish	Salmon Burguer	Main Dish		Pizza w/ Tuna & Egg	Main Dish	Brazilian Rumpsteak	
	Secondary Dish	Seafood sticks w/ Pink Sauce	Secondary Dish	Carbonara	Secondary Dish		Turkey Steak w/ Mustard	Secondary Dish	Green Salsa Hake	
	Vegetarian Dish	Spinach & Cottage Cheese Lasagna	Vegetarian Dish	Vegetarian "Meatballs"	Vegetarian Dish		Vegetarian Cassoulet	Vegetarian Dish	Vegetarian Enchilada	
	Side Dish	Dark Rice	Side Dish	Wholemeal Pasta	Side Dish		White Rice	Side Dish	Noisette Potatoes	
	Vegetables	Stewed Peas	Vegetables	Broccoli	Vegetables		Boiled Beetroot	Vegetables	Roasted pumpkin	
	Dessert	Fruit	Dessert	Banana and Strawberry Mousse	Dessert		Fruit	Dessert	Fruit	
Monday		Tuesday		Wednesday		Thursday		Friday		
23/mar	Soup	Carrot Soup w/ Coriander	Soup	Chicken Soup w/ Noodles	Soup	Red Bean Soup	Soup	Watercress Soup	Soup	Zucchini Soup
	Main Dish	Veal Hamburger	Main Dish	Fish Fingers	Main Dish	Duck Rice	Main Dish	Tuna Rice	Main Dish	Chicken Stew
	Secondary Dish	Penne w/ Salmon Strogonoff	Secondary Dish	Turkey Steak w/Cream	Secondary Dish	Codfish Patties	Secondary Dish	Stewed Lamb	Secondary Dish	Fish Lasagna
	Vegetarian Dish	Czech Fuzilli (Fuzilli w/ Mozzarella Cheese & Basil)	Vegetarian Dish	Vegetarian Burger	Vegetarian Dish	Quinoa Salad w/Roast Pumpkin	Vegetarian Dish	Pizza Margherita	Vegetarian Dish	Pad Thai (Rice Noodles w/ Thai Vegetables)
	Side Dish	Wholemeal Pasta	Side Dish	Carrot Rice	Side Dish	Peas Rice	Side Dish	Roast Potatoes	Side Dish	White Rice
	Vegetables	Mediterranean Mix	Vegetables	Romaine Vegetables	Vegetables	Cauliflower	Vegetables	Green Beans	Vegetables	Roasted Carrot
	Dessert	Fruit	Dessert	Fruit	Dessert	Fruit	Dessert	Fruit	Dessert	Mango Mousse
Monday		Tuesday		Wednesday		Thursday		Friday		
30/mar	Soup	Spinach Soup	Soup	Chickpea Soup	Soup	Pumpkin Soup	Soup	Broccoli Soup	Soup	Cauliflower & Coriander Soup
	Main Dish	Penne w/ Chicken & Basil	Main Dish	Fish Fingers	Main Dish	Bolognaise	Main Dish	Noodles w/ Fish	Main Dish	Chicken Lasagna
	Secondary Dish	Hake w/ Italian Sauce	Secondary Dish	Beef Steak	Secondary Dish	Codfish w/ Cream	Secondary Dish	Pizza W/ Turkey Ham and Mushrooms	Secondary Dish	Sushi
	Vegetarian Dish	Vegetarian Moussaka	Vegetarian Dish	Tofu w/ Corn Bread and Coriander	Vegetarian Dish	Mushrooms and Tomato Sauce Gnocchis	Vegetarian Dish	Chickpeas w/ Pumpkin Curry	Vegetarian Dish	Mexican Bowl w/ Seitan
	Side Dish	Boiled Potatoes	Side Dish	Tomato and Coriander Rice	Side Dish	Included	Side Dish	White Rice	Side Dish	Included
	Vegetables	Carrot & Peas	Vegetables	Spinach Purée	Vegetables	Greek Vegetables	Vegetables	chinese vegetables	Vegetables	Carrot Purée
	Dessert	Fruit	Dessert	Fruit	Dessert	Fruit	Dessert	Fruit	Dessert	Fruit