



3rd quarter - elementary menu

Monday			Tuesday			Wednesday			Thursday			Friday		
27/jan	Soup	Spinach Soup	28/jan	Soup	Chickpea Soup	29/jan	Soup	Pumpkin Soup	30/jan	Soup	Broccoli Soup	31/jan	Soup	Cauliflower & Coriander Soup
	Main Dish	Penne w/ Chicken (No Basil)		Main Dish	Fish Fingers		Main Dish	Bolognaise		Main Dish	Noodles w/ Fish		Main Dish	Chicken Lasagna
	Side Dish	Included		Side Dish	Tomato Rice		Side Dish	Included		Side Dish	Included		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

Monday			Tuesday			Wednesday			Thursday			Friday		
03/feb	Soup	Green Bean Soup	04/feb	Soup	Vegetables Soup	05/feb	Soup	HALF DAY	06/feb	Soup	White Bean Soup	07/feb	Soup	Pumpkin Soup
	Main Dish	Bolognaise		Main Dish	Salmon Burguer		Main Dish			Main Dish	Pizza w/ Tuna & Egg		Main Dish	Brazilian Rumpsteak
	Side Dish	Included		Side Dish	Wholemeal Pasta		Side Dish			Side Dish	Included		Side Dish	Noisette Potatoes
	Vegetables	Stewed Peas		Vegetables	Broccoli		Vegetables			Vegetables	Boiled Beetroot		Vegetables	Roasted pumpkin
	Dessert	Fruit		Dessert	Fruit		Dessert			Dessert	Fruit		Dessert	Fruit

Monday			Tuesday			Wednesday			Thursday			Friday		
10/feb	Soup	Carrot Soup w/ Coriander	11/feb	Soup	Chicken Soup w/ Noodles	12/feb	Soup	Red Bean Soup	13/feb	Soup	Watercress Soup	14/feb	Soup	Zucchini Soup
	Main Dish	Veal Hamburger		Main Dish	Fish Fingers		Main Dish	Duck Rice		Main Dish	Tuna Rice		Main Dish	Stewed Chicken
	Side Dish	Wholemeal Pasta		Side Dish	White Rice		Side Dish	Included		Side Dish	Included		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	Fruit

Monday			Tuesday			Wednesday			Thursday			Friday		
17/feb	Soup	Spinach Soup	18/feb	Soup	Chickpea Soup	19/feb	Soup	Pumpkin Soup	20/feb	Soup	Broccoli Soup	21/feb	Soup	Cauliflower & Coriander Soup
	Main Dish	Penne w/ Chicken (No Basil)		Main Dish	Fish Fingers		Main Dish	Bolognaise		Main Dish	Noodles w/ Fish		Main Dish	Chicken Lasagna
	Side Dish	Included		Side Dish	Tomato Rice		Side Dish	Included		Side Dish	Included		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

Monday			Tuesday			Wednesday			Thursday			Friday		
24/fev	Soup	CARNIVAL HOLIDAYS	25/fev	Soup	CARNIVAL HOLIDAYS	26/fev	Soup	Carrot Soup w/ Coriander	27/fev	Soup	White Bean Soup	28/fev	Soup	Pumpkin Soup
	Main Dish			Main Dish			Main Dish	Turkey Roll		Main Dish	Pizza w/ Tuna & Egg		Main Dish	Brazilian Rumpsteak
	Side Dish			Side Dish			Side Dish	Roast Potatoes		Side Dish	Included		Side Dish	Noisette Potatoes
	Vegetables			Vegetables			Vegetables	Zucchini		Vegetables	Boiled Beetroot		Vegetables	Roasted pumpkin
	Dessert			Dessert			Dessert	Fruit		Dessert	Fruit		Dessert	Fruit
Monday			Tuesday			Wednesday			Thursday			Friday		
02/mar	Soup	Carrot Soup w/ Coriander	03/mar	Soup	Chicken Soup w/ Noodles	04/mar	Soup	Red Bean Soup	05/mar	Soup	Watercress Soup	06/mar	Soup	Zucchini Soup
	Main Dish	Veal Hamburger		Main Dish	Fish Fingers		Main Dish	Duck Rice		Main Dish	Tuna Rice		Main Dish	Stewed Chicken
	Side Dish	Wholemeal Pasta		Side Dish	White Rice		Side Dish	Included		Side Dish	Included		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	Fruit
Monday			Tuesday			Wednesday			Thursday			Friday		
09/mar	Soup	Spinach Soup	10/mar	Soup	Chickpea Soup	11/mar	Soup	PARENT / TEACHER CONFERENCES	12/mar	Soup	Broccoli Soup	13/mar	Soup	Cauliflower & Coriander Soup
	Main Dish	Penne w/ Chicken (No Basil)		Main Dish	Fish Fingers		Main Dish			Noodles w/ Fish	Main Dish		Chicken Lasagna	
	Side Dish	Included		Side Dish	Tomato Rice		Side Dish			Included	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	17/mar	Soup	Vegetables Soup	18/mar	Soup	HALF DAY	19/mar	Soup	White Bean Soup	20/mar	Soup	Pumpkin Soup
	Main Dish	Bolognaise		Main Dish	Salmon Burguer		Main Dish			Pizza w/ Tuna & Egg	Main Dish		Brazilian Rumpsteak	
	Side Dish	Included		Side Dish	Wholemeal Pasta		Side Dish			Included	Side Dish		Noisette Potatoes	
	Vegetables	Stewed Peas		Vegetables	Broccoli		Vegetables			Boiled Beetroot	Vegetables		Roasted pumpkin	
	Dessert	Fruit		Dessert	Fruit		Dessert			Fruit	Dessert		Fruit	
Monday			Tuesday			Wednesday			Thursday			Friday		
23/mar	Soup	Carrot Soup w/ Coriander	24/mar	Soup	Chicken Soup w/ Noodles	25/mar	Soup	Red Bean Soup	26/mar	Soup	Watercress Soup	27/mar	Soup	Zucchini Soup
	Main Dish	Veal Hamburger		Main Dish	Fish Fingers		Main Dish	Duck Rice		Main Dish	Tuna Rice		Main Dish	Stewed Chicken
	Side Dish	Wholemeal Pasta		Side Dish	White Rice		Side Dish	Included		Side Dish	Included		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	Fruit
Monday			Tuesday			Wednesday			Thursday			Friday		
30/mar	Soup	Spinach Soup	31/mar	Soup	Chickpea Soup	01/abr	Soup	Pumpkin Soup	02/abr	Soup	Broccoli Soup	03/abr	Soup	Cauliflower & Coriander Soup
	Main Dish	Penne w/ Chicken (No Basil)		Main Dish	Fish Fingers		Main Dish	Bolognaise		Main Dish	Noodles w/ Fish		Main Dish	Chicken Lasagna
	Side Dish	Included		Side Dish	Tomato Rice		Side Dish	Included		Side Dish	Included		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