

Winter Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Snack</u>	Yogurt Tubes with Water	Pumpkin Galette with Milk	Bananas with Milk	Minigo with Water	Cheese Stick with Water
Week 1 Jan 3-7 Jan 24-28 Feb 14-18 Mar 7-11 Mar 28-Apr 1 Apr 18-22	Green Salad Whole Wheat Spaghetti with Pesto Sauce Apples Milk and/or Water	Tomato Alphabet Soup Homemade Margarita Pizza Asian Pears Milk and/or Water	Chicken Noodle Soup Meatloaf Served with Mashed Potatoes and Sautéed Carrots Oranges Milk and/or Water	Beef & Barley Soup Apricot Glazed Chicken Served with Couscous and Steamed Broccoli Pears Milk and/or Water	Minestrone Soup Cornflake Breaded Baza Filet Served with Rice and Garlic Peas Fruit Medley Milk and/or Water
Week 2 Jan 10-14 Jan 31-4 Feb Feb 21-25 Mar 14-18 Apr 4-8 Apr 25-29	Green Salad Penne with Rosé Sauce Apples Milk and/or Water	Tomato Alphabet Soup Vegetable Omelette with Whole Wheat Toast Asian Pears Milk and/or Water	Chicken Noodle Soup Meatball & Vegetable Stew Served with Baguette Oranges Milk and/or Water	Beef & Barley Soup Baked Chicken in a Mushroom Sauce Served with Orzo and Buttered Corn Pears Milk and/or Water	Minestrone Soup Tuna Bites Served with Couscous and Green Beans Fruit Medley Milk and/or Water
Week 3 Jan 17-21 Feb 7-11 Feb 28-4 Mar Mar 21-25 Apr 11-15 May 2-6	Green Salad Cannelloni Di Magro (Cheese & Veggies) Apples Milk and/or Water	Tomato Alphabet Soup Grilled Cheese Sandwich with Hidden Vegetables Asian Pears Milk and/or Water	Chicken Noodle Soup Loubia Pollo (Beef & Green Beans) Served with Rice Oranges Milk and/or Water	Beef & Barley Soup Homemade Chicken Fingers Served with Baked French Fries Pears Milk and/or Water	Minestrone Soup Baked Salmon with Pesto Sauce Served with Roasted Potatoes and Sautéed Vegetables Fruit Medley Milk and/or Water
<u>Afternoon Snack</u>	Whole Wheat Bagels & Cream Cheese with Water	Apple/Fruit Sauce & Social Tea Cookies with Water	Crackers & Cheese with Water	Mini Muffins with Water	Ice Cream with Water

