

# Month: September 2025



# CPE Narnia

Monday		Tuesday		Wednesday		Thursday		Friday	
AM Snack	Wholegrains cereals	Fresh fruits		Fresh fruits		Fresh fruits		Fresh fruits	
	01	02		03		04		05	
Regular	Closed	Vegetarian rice with lentils , cumin spice		Beef & spinach creamy pasta		Turkey chili with wholegrain tortillas		Chicken & cheese pizza Wich crudités	
Vegetarian		Vegetarian rice with lentils , cumin spice		Minced tofu & spinach creamy pasta		Vegan chili with wholegrain tortillas		Cheese pizza Wich crudités	
Vegan		Vegetarian rice with lentils , cumin spice		Minced tofu & spinach creamy pasta		Vegan chili with wholegrain tortillas		Vegan chheese pizza Wich crudités	
Dessert		Apple sauce		Gelatin free yogurt		Fresh fruits		Gelatin free yogurt	
PM Snack		Crackers & cheese		Brown rice cake with tuna spread		Half bagel & cream cheese		Cinnamon muffin	
	08	09		10		11		12	
Regular	Beef & broccoli fried rice	Vegan Mediterranean pasta With chick peas, olive		Chicken cacciatore with mashed potato		Singapore noodles Curry & soy sauce Tofu cheese & chop suey		Tuna balls With marinara sauce Served with bread roll	
Vegetarian	Tofu & broccoli fried rice	Vegan Mediterranean pasta With chick peas, olive		Bean & olive stew with mashed potato		Singapore noodles Curry & soy sauce Tofu cheese & chop suey		Tuna balls With marinara sauce	
Vegan	Tofu & broccoli fried rice	Vegan Mediterranean pasta With chick peas, olive		Bean & olive stew with mashed potato		Singapore noodles Tofu cheese & chop suey		Minced tofu balls With marinara sauce	
Dessert	Apple sauce	Fresh fruits		Gelatin free yogurt		Fresh fruits		Gelatin free yogurt	
PM Snack	Mini croissant & cottage spread	Crackers & cheese		Mini crêpes Wow butter		English muffin bean spread		Molasses galette	
	15	16		17		18		29	
Regular	Vegan coconut & lentils stew mixed couscous & quinoa	Baked ziti pasta with ground chicken & cheese		Salmon rice with carrots & peas		Beef cabbage rolls with mashed potato		Classic leak & potato creamy soup Half ww cheese sandwich	
Vegetarian	Vegan coconut & lentils stew mixed couscous & quinoa	Baked ziti pasta with Chick peas & cheese		Salmon rice with carrots & peas		Tofu cabbage rolls with mashed potato		Classic leak & potato creamy soup Half ww cheese sandwich	
Vegan	Vegan coconut & lentils stew mixed couscous & quinoa	Baked ziti pasta with Chick peas		Tofu rice with carrots & peas		Tofu cabbage rolls with mashed potato		Leak & potato Half ww cheese sandwich	
Dessert	Apple sauce	Fresh fruits		Gelatin free yogurt		Fresh fruits		Gelatin free yogurt	
PM Snack	Naan & hummus	Crudités & tzatziki		Cheese mini pita		Granola bar		Pumpkin muffin	
	22	23		24		25		26	
Regular	Beef & barley meal soup with roots vegetables	Closed		Vegan red rice with black bean, assorted veggies		Beef bourguignon mashed potato & carrots		Macaroni & cheese gratiné with broccoli	
Vegetarian	Bean & barley meal soup with roots vegetables			Vegan red rice with black bean, assorted veggies		Mushroom bourguignon mashed potato & carrots		Macaroni & cheese gratiné with broccoli	
Vegan	Beans & barley meal soup with roots vegetables			Vegan red rice with black bean, assorted veggies		Mushroom bourguignon mashed potato & carrots		Macaroni & vegan cheese with broccoli	
Dessert	Apple sauce			Gelatin free yogurt		Fresh fruits		Gelatin free yogurt	
PM Snack	Rice cake & wow butter			Mini cheese quiche		Crackers & cheese		Banana bread	
	29	30							
Regular	Vegan Minestrone soup Served with crackers	Meat sauce Spaghetti Vegetable of the day							
Vegetarian	Vegan Minestrone soup Served with crackers	Minced tofu Spaghetti Vegetable of the day							
Vegan	Vegan Minestrone soup Served with crackers	Minced tofu Spaghetti Vegetable of the day							
Dessert	Apple sauce	Fresh fruits							
PM Snack	Crudités & cheese	Pita & creamy avocado dip							

✓ For reasons beyond our control, the menu may be subject to change

✓ Halal certified meat & poultry

✓ Nut free facility

✓ Pork free menu

