

Menu

Month: January 2026

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|------------|--|--|---|---|---|-----------|--------------|-----------|--------------|
| AM | Wholegrains cereals | | Fresh fruits | | Fresh fruits | | Fresh fruits | | Fresh fruits |
| Regular | | | | | | | | | |
| Vegetarian | | | | | | | | | |
| Vegan | | | | | | | | | |
| Dessert | | | | | | | | | |
| PM Snack | | | | | | | | | |
| 05 | | 06 | | 07 | | 08 | | 09 | |
| Regular | Cream of broccoli soup With half grilled cheese Wholewheat bread | Oven baked ground turkey lasagnette | Salmon fillet Rice & macedoine | Eggplant & chick peas stew With couscous | Meat sheppards pie with corn | | | | |
| Vegetarian | Cream of broccoli soup With half grilled cheese Wholewheat bread | Oven baked ground tofu lasagnette | Salmon fillet Rice & macedoine | Eggplant & chick peas stew With couscous | Lentils sheppards pie with corn | | | | |
| Vegan | Cream of broccoli soup With Vegan grilled cheese | Oven baked ground tofu lasagnette | Vegan patty Rice & macedoine | Eggplant & chick peas stew With couscous | Lentils sheppards pie with corn | | | | |
| Dessert | Apple sauce | Fresh fruits | Yogurt | Fresh fruits | Yogurt | | | | |
| PM Snack | Crudités with Tzatziki | English muffin Tuna spread | Wholwheat crackers & cheese | Pita & Hummus | Lemon madelaine | | | | |
| 12 | | 13 | | 14 | | 15 | | 16 | |
| Regular | Split pea soup With wholewheat bread | Beef macaroni gratiné Cheeseburger style & Vegetables of the day | Thai rice with chicken Chop suey & green beans | Veal tortellini mushroom & tomato sauce | Beef chili Served with pita bread | | | | |
| Vegetarian | Split pea soup With wholewheat bread | Macaroni & cheese gratiné & Vegetables of the day | Thai rice with tofu Chop suey & green beans | Cheese tortellini mushroom & tomato sauce | Three beans chili Served with pita bread | | | | |
| Vegan | Split pea soup With wholewheat bread | Macaroni & vegan cheese & Vegetables of the day | Thai rice with tofu Chop suey & green beans | Vegan pasta gratiné mushroom & tomato sauce | Three beans chili Served with pita bread | | | | |
| Dessert | Apple sauce | Fresh fruits | Yogurt | Fresh fruits | Yogurt | | | | |
| PM Snack | Brown rice cake & hummus | Half bagel Cream cheese | Mini cheese quiche | Wholwheat crackers & cheese | Blueberry & bran muffin | | | | |
| 19 | | 20 | | 21 | | 22 | | 23 | |
| Regular | Chicken & noodles soup with alphabet pasta Wholewheat bread | Shell pasta, broccoli Tomato sauce & parmesan Vegetable of the day | Vegan mexican rice with miced tofu & bean | Meat loaf Mashed potatoe & carrots | Ground turkey pizza served with crudités | | | | |
| Vegetarian | Chick peas & noodles soup with alphabet pasta Wholewheat bread | Shell pasta, broccoli Tomato sauce & parmesan Vegetable of the day | Vegan mexican rice with miced tofu & beans | Vegan lentils patties Mashed potatoe & carrots | Cheese pizza served with crudités | | | | |
| Vegan | Chick peas & noodles soup Wholewheat bread | Shell pasta, broccoli With vegan cheese | Vegan mexican rice with miced tofu & beans | Vegan lentils patties Mashed potatoe & carrots | Vegan cheese pizza served with crudités | | | | |
| Dessert | Apple sauce | Fresh fruits | Yogurt | Fresh fruits | Yogurt | | | | |
| PM Snack | Breadsticks & guacamole | Mini croissant cream cheese | Wholwheat crackers & cheese | Crudités & cesar dip | Oat & raisins galettes | | | | |
| 26 | | 27 | | 28 | | 29 | | 30 | |
| Regular | Cream of carrot soup With half grilled cheese | Meat sauce Spaghetti Vegetable of the day | Baked turmeric rice with lentils & veggies | Basa fillet Mashed potato & peas | Hearty chicken pie with potatoes & veggies | | | | |
| Vegetarian | Cream of carrot soup With half grilled cheese | Minced tofu Spaghetti Vegetable of the day | Baked turmeric rice with lentils & veggies | Basa fillet Mashed potato & peas | Hearty chick peas, potato vegetables pie | | | | |
| Vegan | Cream of carrot soup With half grilled cheese | Minced tofu Spaghetti Vegetable of the day | Baked turmeric rice with lentils & veggies | Chick peas stew Mashed potato & peas | Hearty chick peas, potato vegetables pie | | | | |
| Dessert | Apple sauce | Fresh fruits | Yogurt | Fresh fruits | Yogurt | | | | |
| PM Snack | Crudités & eggs salad dip | Wholwheat crackers & cheese | Waffles & wow butter | Pita & hummus | Blueberry scone | | | | |