

Menu

Month: January 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Wholegrains cereals	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits
	01	02	03	04	05
Regular					Vegan dahl Served with rice
Vegetarian					Vegan dahl Served with rice
Vegan					Vegan dahl Served with rice
Dessert					Yogurt
PM Snack					Mini croissant cream cheese
	06	07	08	09	10
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 shepperds 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 shepperds 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 shepperds 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
	11	12	13	14	15
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
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
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
Dessert		Apple sauce	Fresh fruits	Yogurt	Fresh fruits
PM Snack		Brown rice cake & hummus	Half bagel Cream cheese	Mini cheese quiche	Wholwheat crackers & cheese
	16	17	18	19	20
Regular				Chicken & noodles soup with alphabet pasta Wholewheat bread	Shell pasta, broccoli Tomato sauce & parmesan Vegetable of the day
Vegetarian				Chick peas & noodles soup with alphabet pasta Wholewheat bread	Shell pasta, broccoli Tomato sauce & parmesan Vegetable of the day
Vegan				Chick peas & noodles soup Wholewheat bread	Shell pasta, broccoli With vegan cheese
Dessert				Apple sauce	Fresh fruits
PM Snack				Breadsticks & guacamole	Mini croissant cream cheese
	21	22	23	24	25
Regular					
Vegetarian					
Vegan					
Dessert					
PM Snack					
	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