




Grades 3 - 12  
December



| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
|  |  |   |   | 1 Pan fried Sausages<br>Salmon Fillet<br>Oven-roasted Pumpkin<br>Oven- roasted Potatoes<br>Bulgur w/pesto<br>Crunchy Cauliflower Salad<br>Green Leafy Salad<br>Fresh Fruit              |
| 4 Teriyaki Chicken<br>Sweet & Sour Pork<br>Rice<br>Egg Noodles<br>Panfried Green Beans<br>Fresh Vegetables / Salads<br>Beef & Rice Soup<br>Fresh Fruit                           | 5 Curry Chicken<br>Pork Patties<br>Oven Roasted potatoes<br>Pasta w/spinach<br>Eggplant-Tomato-Chick pea mix<br>Green Leafy Salad<br>Chicken Noodle Soup<br>Panna Cotta  | 6 Beef Bolognese<br>Chicken Fillet<br>Risotto w/vegetables<br>Spaghetti<br>Roasted Beets w/goat cheese<br>Crunchy Vegetable Salad<br>Tomato Noodle Soup<br>Homemade Biscuit           | 7 Beef Lasagna<br>Turkey Fillet<br>Panfried Potatoes<br>Buckwheat<br>Vegetarian Lasagna<br>Carrot Salad / Fresh vegetables<br>Chicken Meatball Soup<br>Orange slices                                | 8 Chicken in Tomato sauce<br>White Fish fillets<br>Pasta w/cheese<br>Fried Lime Rice<br>Steamed Vegetables<br>Beet Salad / Green Salad<br>Vegetable Cream Soup<br>Dessert "Debessmanna" |
| 11 Chicken Drumstick<br>Sauteed Beef Strips<br>Oven-roasted Potatoes<br>Wild Rice<br>Roasted Beets w/tofu<br>Fresh Vegetable salad<br>Broccoli Green Pea Soup<br>Homemade Yogurt | 12 BBQ Pork Ribs<br>Chicken patties<br>Pasta w/cheese<br>Rice w/vegetables<br>Caramelized carrots<br>Seasonal vegetable salad<br>Lentil Bean Soup<br>Homemade Biscuit    | 13 Beef Patties<br>Oven-roasted Pork<br>Mashed Potatoes<br>Cous cous w/vegetables<br>Steamed Vegetables w/cheese<br>Green Leafy salad<br>Red Beet Soup<br>Warm Cottage Cheese Pudding | 14 Turkey Patties<br>Marinated Chicken gyros<br>Boiled Potatoes<br>Rice w/lentils<br>Oven-roasted Autumn Vegetables<br>Beet salad / Fresh cut vegetables<br>Autumn Vegetable Soup<br>Seasonal Fruit | 15 Pan fried Sausages<br>Salmon Fillet<br>Oven-roasted Pumpkin<br>Oven- roasted Potatoes<br>Bulgur w/pesto<br>Crunchy Cauliflower Salad<br>Green Leafy Salad<br>Fresh Fruit             |
| 18 Teriyaki Chicken<br>Sweet & Sour Pork<br>Rice<br>Egg Noodles<br>Panfried Green Beans<br>Fresh Vegetables / Salads<br>Beef & Rice Soup<br>Fresh Fruit                          | 19 Curry Chicken<br>Pork Patties<br>Oven Roasted potatoes<br>Pasta w/spinach<br>Eggplant-Tomato-Chick pea mix<br>Green Leafy Salad<br>Chicken Noodle Soup<br>Panna Cotta | 20 <br><br>with<br>Salad, Soup, and Dessert  | 21 <i>Winter Break</i>  | 22 <i>Winter Break</i>  |
| 25 <i>Winter Break</i>   | 26 <i>Winter Break</i>   | 27 <i>Winter Break</i>  | 28 <i>Winter Break</i>  | 29 <i>Winter Break</i>  |