



Grades 3 - 12
February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey Patties Marinated Chicken gyros Panfried Potatoes Rice w/lentils & chick peas Oven-roasted Autumn Vegetables Beet salad / Fresh cut vegetables Autumn Vegetable Soup Seasonal Fruit	2 Chicken Sausages Salmon Fillet Oven-roasted Pumpkin Oven- roasted Potatoes Bulgur w/pesto Crunchy Cauliflower Salad Green Leafy Salad Fresh Fruit
5 Chicken strips Sweet & Sour Pork Rice Egg Noodles Panfried Green Beans Fresh Vegetables / Salads Beef & Rice Noodle Soup Fresh Fruit	6 Curry Chicken Steamed Beef Oven Roasted potatoes Pasta w/spinach Eggplant-Tomato-Chick pea mix Green Leafy Salad Chicken Noodle Soup Panna Cotta	7 Beef Bolognese Chicken Fillet Risotto w/vegetables Spaghetti w/cheese Roasted Beets w/goat cheese Crunchy Vegetable Salad Tomato Noodle Soup Homemade Muffin	8 Beef Lasagna Turkey Fillet Panfried Potatoes Buckwheat Vegetarian Lasagna Carrot Salad / Fresh vegetables Chicken Meatball Soup Orange slices	9 Chicken in Tomato sauce White Fish fillets Pasta w/cheese Fried Lime Rice Steamed Vegetables Beet Salad / Green Salad Vegetable Cream Soup Dessert "Debessmanna"
12 Chicken Drumstick Sauteed Beef Strips Oven-roasted Potatoes Rice Medley Vegetable Bean Casserole Fresh Vegetable salad Carrot Pumpkin Cream Soup Homemade Yogurt	13 BBQ Pork Ribs Chicken patties Pasta w/cheese Mashed Potatoes Caramelized carrots Seasonal vegetable salad Lentil Bean Soup Homemade Oatmeal Cookie	14 Beef Patties Oven-roasted Pork Boiled Potatoes Cous cous w/vegetables Steamed Vegetables w/cheese Green Leafy salad Red Beet Soup Warm Cottage Cheese Pudding	15 Turkey Patties Marinated Chicken gyros Panfried Potatoes Rice w/lentils & chick peas Oven-roasted Autumn Vegetables Beet salad / Fresh cut vegetables Autumn Vegetable Soup Seasonal Fruit	16 Chicken Sausages Salmon Fillet Oven-roasted Pumpkin Oven- roasted Potatoes Bulgur w/pesto Crunchy Cauliflower Salad Green Leafy Salad Fresh Fruit
19 February Break	20 February Break	21 February Break	22 February Break	23 February Break
26 Chicken strips Sweet & Sour Pork Rice Egg Noodles Panfried Green Beans Fresh Vegetables / Salads Beef & Rice Noodle Soup Fresh Fruit	27 Curry Chicken Steamed Beef Oven Roasted potatoes Pasta w/spinach Eggplant-Tomato-Chick pea mix Green Leafy Salad Chicken Noodle Soup Panna Cotta	28 Beef Bolognese Chicken Fillet Risotto w/vegetables Spaghetti w/cheese Roasted Beets w/goat cheese Crunchy Vegetable Salad Tomato Noodle Soup Homemade Muffin		