



Grades 3 - 12  
January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Chicken Drumstick Sauteed Beef Strips Oven-roasted Potatoes Rice Medley Vegetable Bean Casserole Fresh Vegetable salad Carrot Pumpkin Cream Soup Homemade Yogurt	4 BBQ Pork Ribs Chicken patties Pasta w/cheese Mashed Potatoes Caramelized carrots Seasonal vegetable salad Lentil Bean Soup Homemade Oatmeal Cookie	5 Beef Meatballs Oven-roasted Pork Boiled Potatoes Cous cous w/vegetables Steamed Vegetables w/cheese Green Leafy salad Red Beet Soup Warm Cottage Cheese Pudding
8 Chicken strips Sweet & Sour Pork Rice Egg Noodles Panfried Green Beans Fresh Vegetables / Salads Beef & Rice Noodle Soup Fresh Fruit	9 Curry Chicken Steamed Beef Oven Roasted potatoes Pasta w/spinach Eggplant-Tomato-Chick pea mix Green Leafy Salad Chicken Noodle Soup Panna Cotta	10 Beef Bolognese Chicken Fillet Risotto w/vegetables Spaghetti w/cheese Roasted Beets w/goat cheese Crunchy Vegetable Salad Tomato Noodle Soup Homemade Muffin	11 Beef Lasagna Turkey Fillet Panfried Potatoes Buckwheat Vegetarian Lasagna Carrot Salad / Fresh vegetables Chicken Meatball Soup Orange slices	12 Chicken in Tomato sauce White Fish filets Pasta w/cheese Fried Lime Rice Steamed Vegetables Beet Salad / Green Salad Vegetable Cream Soup Dessert "Debessmanna"
15 Chicken Drumstick Sauteed Beef Strips Oven-roasted Potatoes Rice Medley Vegetable Bean Casserole Fresh Vegetable salad Carrot Pumpkin Cream Soup Homemade Yogurt	16 BBQ Pork Ribs Chicken patties Pasta w/cheese Mashed Potatoes Caramelized carrots Seasonal vegetable salad Lentil Bean Soup Homemade Oatmeal Cookie	17 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	18 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	19 Chicken Sausages Salmon Fillet Oven-roasted Pumpkin Oven- roasted Potatoes Bulgur w/pesto Crunchy Cauliflower Salad Green Leafy Salad Fresh Fruit
22 Chicken strips Sweet & Sour Pork Rice Egg Noodles Panfried Green Beans Fresh Vegetables / Salads Beef & Rice Noodle Soup Fresh Fruit	23 Curry Chicken Steamed Beef Oven Roasted potatoes Pasta w/spinach Eggplant-Tomato-Chick pea mix Green Leafy Salad Chicken Noodle Soup Panna Cotta	24 Beef Bolognese Chicken Fillet Risotto w/vegetables Spaghetti w/cheese Roasted Beets w/goat cheese Crunchy Vegetable Salad Tomato Noodle Soup Homemade Muffin	25 Beef Lasagna Turkey Fillet Panfried Potatoes Buckwheat Vegetarian Lasagna Carrot Salad / Fresh vegetables Chicken Meatball Soup Orange slices	26 <b>Italian Food</b> 
29 Chicken Drumstick Sauteed Beef Strips Oven-roasted Potatoes Rice Medley Vegetable Bean Casserole Fresh Vegetable salad Carrot Pumpkin Cream Soup Homemade Yogurt	30 BBQ Pork Ribs Chicken patties Pasta w/cheese Mashed Potatoes Caramelized carrots Seasonal vegetable salad Lentil Bean Soup Homemade Oatmeal Cookie	31 Beef Bolognese Chicken Fillet Risotto w/vegetables Spaghetti w/cheese Roasted Beets w/goat cheese Crunchy Vegetable Salad Tomato Noodle Soup Homemade Muffin		