



Grades 3 - 12
March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Lasagna Turkey Fillet Panfried Potatoes Buckwheat Vegetarian Lasagna Carrot Salad / Fresh vegetables Chicken Meatball Soup Orange slices	2 <u>Mediterranean Day:</u> Chicken Picatta Lentils with Chorizo Vegetable Tagine Pasta / Cous cous Greek Salad / Nicoise Salad Soup Strachetella Greek Dessert
5 Chicken Drumstick Sauteed Beef Strips Oven-roasted Potatoes Rice Medley Vegetable Bean Casserole Fresh Vegetable salad Carrot Pumpkin Cream Soup Homemade Yogurt	6 BBQ Pork Ribs Chicken patties Pasta w/cheese Mashed Potatoes Caramelized carrots Seasonal vegetable salad Lentil Bean Soup Homemade Oatmeal Cookie	7 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	8 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	9 Chicken Sausages Salmon Fillet Oven-roasted Pumpkin Oven-roasted Potatoes Bulgur w/pesto Green Leafy Salad Tomato Cream Soup Fresh Fruit
12 Chicken strips Sweet & Sour Pork Rice Egg Noodles Panfried Green Beans Fresh Vegetables / Salads Beef & Rice Noodle Soup Fresh Fruit	13 Curry Chicken Steamed Beef Oven Roasted potatoes Pasta w/spinach Eggplant-Tomato-Chick pea mix Green Leafy Salad Chicken Noodle Soup Panna Cotta	14 Beef Bolognese Chicken Fillet Risotto w/vegetables Spaghetti w/cheese Roasted Beets w/goat cheese Crunchy Vegetable Salad Tomato Noodle Soup Homemade Muffin	15 Beef Lasagna Turkey Fillet Panfried Potatoes Buckwheat Vegetarian Lasagna Carrot Salad / Fresh vegetables Chicken Meatball Soup Orange slices	16 Chicken in Tomato sauce White Fish fillets Pasta w/cheese Fried Lime Rice Steamed Vegetables Beet Salad / Green Salad Vegetable Cream Soup Dessert "Debessmanna"
19 Chicken Drumstick Sauteed Beef Strips Oven-roasted Potatoes Rice Medley Vegetable Bean Casserole Fresh Vegetable salad Carrot Pumpkin Cream Soup Homemade Yogurt	20 BBQ Pork Ribs Chicken patties Pasta w/cheese Mashed Potatoes Caramelized carrots Seasonal vegetable salad Lentil Bean Soup Homemade Oatmeal Cookie	21 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	22 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	23 No Lunch ** Parent Teacher Conferences **
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	29 Chinese Cuisine 	30 No School ** Spring Break **