



Preschool - Grade 3

September

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Snack – Warm Cottage cheese pudding w/strawberry sauce Lunch – Oven-roasted Pork Rice Seasonal vegetable salad Bean Lentil Soup Homemade Muffin
4 Snack – Oatmeal w/jam Lunch – Chicken fillets Rice Carrot Salad Tomato Noodle Soup Fruit	5 Snack – Homemade Berry Muffin Bananas Lunch – Pork Patty Oven-roasted Potatoes Steamed Broccoli Chicken Noodle Soup Panna Cotta	6 Snack – Cheese Cucumber Tomato sandwich Lunch – Spaghetti Beef Bolognese sauce Seasonal vegetables Beef & Rice Soup Homemade biscuit	7 Snack – Apple Pastry, bananas Lunch – Turkey Fillet Pan-fried Potatoes Green Salad w/tomatoes Chicken Meatball Soup Orange Slices	8 Snack – Pancakes w/jam Lunch – White Fish Fillet Pasta Steamed Vegetables Vegetable Cream Soup Dessert “Debessmanna”
11 Snack – Cereal w/milk, Bananas Lunch – Chicken Drumstick Roasted Potatoes Fresh Vegetables Broccoli Cream Soup Fruit	12 Snack – Cheese Toast, Cucumbers Lunch – Chicken Patty Pasta Cucumber tomato salad Beet Soup Homemade Biscuit	13 Snack – Warm Cottage cheese pudding Lunch – Oven-roasted Pork Rice Seasonal vegetable salad Bean Lentil Soup Homemade Muffin	14 Snack – Oatmeal w/jam Lunch – Turkey Patty Mashed Potatoes Beet salad Summer Vegetable Soup Fresh fruit	15 Snack – Omelette, Tomatoes & Cucumbers Lunch – Chicken sausages Spaghetti Steamed vegetables Tomato Cream Soup Fresh Fruit
18 Snack – Oatmeal w/jam Lunch – Chicken fillets Rice Carrot Salad Tomato Noodle Soup Fruit	19 Snack – Homemade Berry Muffin Bananas Lunch – Pork Patty Oven-roasted Potatoes Steamed Broccoli Chicken Noodle Soup Panna Cotta	20 Snack – Cheese Cucumber Tomato sandwich Lunch – Spaghetti Beef Bolognese sauce Seasonal vegetables Beef & Rice Soup Homemade biscuit	21 Snack – Apple Pastry, bananas Lunch – Turkey Fillet Pan-fried Potatoes Green Salad w/tomatoes Chicken Meatball Soup Orange Slices	22 Snack – Pancakes w/jam Lunch – White Fish Fillet Pasta Steamed Vegetables Vegetable Cream Soup Dessert “Debessmanna”
25 Snack – Cereal w/milk, Bananas Lunch – Chicken Drumstick Roasted Potatoes Fresh Vegetables Broccoli Cream Soup Fruit	26 Snack – Cheese Toast, Cucumbers Lunch – Chicken Patty Pasta Cucumber tomato salad Beet Soup Homemade Biscuit	27 Snack – Warm Cottage cheese pudding Lunch – Oven-roasted Pork Rice Seasonal vegetable salad Bean Lentil Soup Homemade Muffin	28 Snack – Oatmeal w/jam Lunch – Turkey Patty Mashed Potatoes Beet salad Summer Vegetable Soup Fresh fruit	29 Snack – Omelette, Tomatoes & Cucumbers Lunch – Chicken sausages Spaghetti Steamed vegetables Tomato Cream Soup Fresh Fruit