

## December 2018 Menu

Monday, Dec. 3	Monday, Dec 10	Monday, Dec 17
<b>Morning Snack (Pre3 - G5)</b>	<b>Morning Snack (Pre3 - G5)</b>	<b>Morning Snack (Pre3 - G5)</b>
Cheese toast	Ham sandwich	Breakfast Sausage w/bread
Tomatoes & cucumbers	Orange slices	Cucumbers & tomatoes
Hot Tea	Hot Tea	Hot tea
<b>Lunch (Pre3 - G12)</b>	<b>Lunch (Pre3 - G12)</b>	<b>Lunch (Pre3 - G12)</b>
Italian Lentil soup	Pumpkin Cream soup	Squash cream soup
Stuffed Zucchini (tomatoes & cheese)	Zucchini-tomato-chick pea-carrot stew	Vegetables with melted cheese
Bolognese Sauce	Falafels	Turkey meatball (chick peas & carrots)
Chicken Giross	Chinese Honey Chicken	Pork Roast
Spaghetti	Pork & Vegetables in hoisin sauce	Rice
Boiled potatoes	Fried Lime rice	Pasta
Steamed vegetables	Boiled potatoes	Cabbage croquettes
Green leaf salad with vegetables	Avacado-Tomato salad	CousCous vegetable salad
Green leaf salad with mushrooms & chicken	Carrot Beet salad	Cooked beets with arugola
Lemon-lime Panna cotta	Mushroom sauce	Fruit salad
Cranberry juice	Fruit platter	Cranberry juice
<b>Afternoon Snack (Pre3-G2)</b>	<b>Afternoon Snack (Pre3-G2)</b>	<b>Afternoon Snack (Pre3 - G2)</b>
Muffin	Coffeecake	Selga cookie
Fruit	Pears	Raw vegetables
Tuesday, Dec 4	Tuesday, Dec 11	Tuesday, Dec 18
<b>Morning Snack (Pre3 - G5)</b>	<b>Morning Snack (Pre3 - G5)</b>	<b>Morning Snack (Pre3 - G5)</b>
Breakfast muesli	Pasta with cheese	Croissant w/jam
Milk	Tomatoes	Dried fruit mix
Bananas	Hot Tea	Hot Cocoa drink
<b>Lunch (Pre3 - G12)</b>	<b>Lunch (Pre3 - G12)</b>	<b>Lunch (Pre3 - G12)</b>
Beet & Potato soup	Indian Cauliflower soup	Meatball Soup
Stuffed Potato (garlic & cheese)	Vegetable ragout	Carrot Couscous croquette
Beefsteak w/onions	Stuffed Squash (vegetables & cheese)	Sweet & Sour Pork
Teriyaki Chicken	Pork Patty	Chicken Teriyaki
Egg noodles	Chili con Carne w/beans	Oven roasted Potatoes
Mashed Potatoes	Oven-roasted potatoes	Macaroni
Mixed Lettuce salad	Mexican-style rice	Steamed broccoli
Korean carrot salad	Cabbage Pepper Cauliflower salad	Green Salad
Cooked green beans	Marinated pickles & olives	Carrot Cabbage slaw w/dried cranberries
Mandarin dessert	Fruit salad (apples, oranges)	Warm Cottage cheese dessert with sauce
Cranberry juice	Cranberry juice	<b>Afternoon Snack (Pre3 - G2)</b>
<b>Afternoon Snack (Pre3-G2)</b>	<b>Afternoon Snack (Pre3-G2)</b>	Rice cakes
Cucumbers & carrot sticks	Fruit	Yogurt
Strawberry milk	Yogurt	<b>Wednesday, Dec 21</b>
Wednesday, Dec 5	Wednesday, Dec 12	Morning Snack (Pre3 - G5)
<b>Morning Snack (Pre3 - G5)</b>	<b>Morning Snack (Pre3 - G5)</b>	Cheese Sandwich
Oatmeal w/jam	Melted Cheese toast	Tomatoes & Cucumbers
Bread w/ham	Tomatoes & Cucumbers	Hot tea
Hot Tea	Hot Tea	<b>Lunch (Pre3 - G12)</b>
<b>Lunch (Pre3-G12)</b>	<b>Lunch (Pre3-G12)</b>	Vegetable soup
Mongolian Tomato & Green Pea soup	Sweet & Sour Corn soup	Pasta with roasted vegetables
Stuffed Pepper (mushroom couscous)	Oven-roasted fall vegetables	Lamb Curry
Pork fillet	Potato-Mushroom croquette	Chicken Patty
Chicken fillet	Teriyaki-glazed salmon	Chinese Cabbage salad
Boiled potatoes	BBQ Drumsticks	Raw carrots
Macaroni	Mashed Potatoes	Mashed potatoes
Beet salad w/mandarins	Rice Medley	Mixed Lettuce salad
Mixed Lettuce salad	Radish-Carrot-Cabbage slaw	Fruit & Berry Dessert with whipped cream
Roasted pumpkin w/lentils	Greek salad	Cranberry juice
Fruit w/yogurt	Quince juice	<b>Afternoon Snack (Pre3 - G2)</b>
Cranberry juice	Apricot Oatmeal cream dessert	Cheese Pastry
<b>Afternoon Snack (Pre3-G2)</b>	<b>Afternoon Snack (Pre3-G2)</b>	Fruit
Oatmeal Cookie	Oatmeal cookie	Strawberry milk
Apples	Banana	<b>Thursday, Dec 20</b>
Thursday, Dec 6	Thursday, Dec 13	Morning Snack (Pre3 - G5)
<b>Morning Snack (Pre3 - G5)</b>	<b>Morning Snack (Pre3 - G5)</b>	Breakfast Muesli
Apple pancakes	Omelete	Milk
Hot Tea	Fresh cut peppers & tomatoes	Melon slices
<b>Lunch (Pre3-G12)</b>	Wheat bread (Fazer)	<i>Mexican Cuisine Day</i>
Chicken Noodle soup	Hot Tea	<b>Lunch (Pre3 - G12)</b>
Gnocci in tomato basil sauce	<b>Lunch (Pre3-G12)</b>	Gaspacho
Roasted Pork w/lingonberry sauce	Vegetable Root soup	Chicken strips
Moroccan-style Chicken	Quinoa-red beans-corn-tomato medley	Chili con carne
Broccoli w/cheese	Grilled Chicken fillet with mustard sauce	Roasted peppers & corn

Lemon Rice	Beef Strogonovs	Lime rice
Pan-fried potatoes	Boiled potatoes	Tortillas
Carrot Salad	Bulgur	Guacomole
Raw carrots, cucumbers & peppers	Grilled vegetables	Salsa
Berry & cream dessert	Chinese Cabbage and Cucumber salad	Sour cream
Apple juice	Pasta salad with capers and sundried tomatoes	?? Dessert
<b>Afternoon Snack (Pre3-G2)</b>	Caramel Muffin	<b>Afternoon Snack (Pre3 - G2)</b>
Raw vegetables	Quince berry juice	Cucumbers & carrots
Pastry	<b>Afternoon Snack (Pre3-G2)</b>	Mini Vanilla Cheesecakes (Baltais)
Milk	Peach curd cheese dessert	<b>Friday, Dec 21</b>
<b>Friday, Dec 7</b>	Fruit	<b>Morning Snack (Pre3 - G5)</b>
<b>Morning Snack (Pre3 - G5)</b>	<b>Friday, Dec 14</b>	Multigrain Porridge w/jam
Multigrain Oatmeal	<b>Morning Snack (Pre3 - G5)</b>	Fruit
Cookies	Semolina porridge w/jam	Hot tea
Hot cocoa	Ham & Cheese spread	
<b>Lunch (Pre3-G12)</b>	White bread (Fazer)	<b>No Lunch</b>
Mushroom soup	Hot Tea	<b>Half-Day</b>
Culiflower w/cheese	<b>Lunch (Pre3-G12)</b>	
Chicken fillets	Tomato soup	
Beef Lasagna	Potato Cheese croquettes	
Boiled potatoes	Kentucky-style Turkey patty	
Rice w/vegetables	Curry Chicken	
Potato-mushroom croquettes	Spaghetti	
Latvian-style potato salad	Rice w/vegetables	
Cucumber cauliflower salad	Cabbage salad	
Coffeecake	Ruccola salad w/tofu	
Apple juice	Yogurt	
<b>Afternoon Snack (Pre3-G2)</b>	Cranberry juice	
Baltais mini cheesecakes	<b>Afternoon Snack (Pre3-G2)</b>	
Apples	Granola fruit bar	
	Pears	