

FEBRUARY 2019 Menu

Monday, Feb 4	Monday, Feb 11	Monday, Feb 18
Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)
Ham & Cheese sandwich	Breakfast Sausage w/bread	Cheese toast
Orange slices	Cucumbers & tomatoes	Tomatoes & cucumbers
Hot Tea	Hot tea	Hot Tea
Lunch (Pre3 - G12)	Lunch (Pre3 - G12)	Lunch (Pre3 - G12)
Pumpkin Cream soup	Squash cream soup	Italian Lentil soup
Zucchini-tomato-chick pea-carrot stew	Vegetables with melted cheese	Stuffed Zucchini (tomatoes & cheese)
Falafels	Turkey meatball (chick peas & carrots)	Bolognese or Tomato Sauce
Chinese Honey Chicken	Pork Roast	Chicken Giross
Chinese-style Chicken ham	Rice	Pasta
Fried Lime rice	Pasta	Boiled potatoes
Boiled potatoes	Cabbage croquettes	Vegetable lecho
Avacado-Tomato salad	CousCous vegetable salad	Lettuce salad with vegetables
Carrot Beet salad	Cooked beets with arugola	Green leaf salad with mushrooms & chicken
Mushroom sauce	Fruit salad	Lemon-lime Panna cotta
Fruit platter	Cranberry juice	Cranberry juice
Afternoon Snack (Pre3-G2)	Afternoon Snack (Pre3 - G2)	Afternoon Snack (Pre3-G2)
Biscuit	Selga cookie	Muffin
Pears	Raw vegetables	Fruit
Tuesday, Feb 5	Tuesday, Feb 12	Tuesday, Feb 19
Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)
Pasta wth cheese	Croissant w/jam	Breakfast muesli
Tomatoes	Dried fruit mix	Milk
Hot Tea	Hot Cocoa drink	Bananas
Lunch (Pre3 - G12)	Lunch (Pre3 - G12)	Lunch (Pre3 - G12)
Indian Cauliflower soup	Meatball Soup	Beet & Potato soup
Vegetable ragout	Carrot Couscous croquette	Stuffed Potato (garlic & cheese)
Stuffed Squash (vegetables & cheese)	Sweet & Sour Pork	Beefsteak w/onions
Pork Cutlet	Chicken Teriyaki	Teriyaki Chicken
Chili con Carne w/beans	Oven roasted Potatoes	Egg noodles
Oven-roasted potatoes	Macaroni	Mashed Potatoes
Mexican-style rice	Steamed broccoli	Mixed Lettuce salad
Cabbage Pepper Cauliflower salad	Green Salad	Korean carrot salad
Marinated pickles & olives	Carrot Cabbage slaw w/dried cranberries	Cooked green butter beans
Fruit salad (apples, oranges)	Warm Cottage cheese dessert with sauce	Mandarin dessert
Cranberry juice	Apple juice	Cranberry juice
Afternoon Snack (Pre3-G2)	Afternoon Snack (Pre3 - G2)	Afternoon Snack (Pre3-G2)
Fruit	Rice cakes	Cucumbers & carrot sticks
Yogurt	Yogurt	Strawberry milk
Wednesday, Feb 6	Wednesday, Feb 13	Wednesday, Feb 20
Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)
Meltd Cheese toast	Cheese Sandwich	Oatmeal w/jam
Tomatoes & Cucumbers	Tomatoes & Cucumbers	Bread w/sausage
Hot Tea	Hot tea	Hot Tea
Lunch (Pre3-G12)	Lunch (Pre3 - G12)	Lunch (Pre3-G12)
Sweet & Sour Corn soup	Vegetable soup	Mongolian Tomato & Green Pea soup
Oven-roasted fall vegetables	Pasta with roasted vegetables	Stuffed Pepper (mushroom couscous)
Potato-Mushroom croquette	Lamb Curry	Pork fillet
Teriyaki-glazed salmon	Chicken Patty	Chicken fillet
BBQ Drumsticks	Chinese Cabbage salad	Boiled potatoes
Mashed Potatoes	Raw carrots	Macaroni
Rice Medley	Mashed potatoes	Beet salad w/mandarins
Radish-Carrot-Cabbage slaw	Mixed Lettuce salad	Mixed Lettuce salad
Greek salad	Fruit & Berry Dessert with whipped cream	Roasted pumpkin w/lentils
Quince juice	Cranberry juice	Fruit w/yogurt
Apricot Oatmeal cream dessert	Afternoon Snack (Pre3 - G2)	Cranberry juice
Afternoon Snack (Pre3-G2)	Cheese Pastry	Afternoon Snack (Pre3-G2)
Oatmeal cookie	Fruit	Oatmeal Cookie
Banana	Strawberry milk	Apples
Thursday, Feb 7	Thursday, Feb 14	Thursday, Feb 21
Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)
Omlete	Breakfast Muesli	Apple pancakes
Fresh cut peppers & tomatoes	Milk	Hot Tea
Hot Tea	Melon slices	Lunch (Pre3-G12)
Lunch (Pre3-G12)	Lunch (Pre3 - G12)	Chicken Noodle soup
Vegetable Root soup	Squash Bean Soup	Gnocci in tomato basil sauce
Quinoa-red beans-corn-tomato medley	Cabbage roll stuffed w/tomatoes & rice	Roasted Pork w/lingonberry sauce
Grilled Chicken fillet with mustard sauce	Homemade Roasted Pork chop	Moroccan-style Chicken
Beef Stroganoff	Curry Chicken	Brocoli w/cheese
Boiled potatoes	Bulgur	Lemon Rice
Bulgur	Boiled potatoes	Pan-fried new potatoes
Grilled vegetables	Oven-baked autumn vegetables	Carrot Salad
Chinese Cabbage and Cucumber salad	Cucumber salad	Raw carrots, cucumbers & peppers
Pasta salad with capers and sundried tomatoes	Leafy green salad	Berry & cream dessert
Rice Pudding w/sauce	Rice cream dessert	Apple juice
Quince berry juice	Cranberry juice	Afternoon Snack (Pre3-G2)
Afternoon Snack (Pre3-G2)	Afternoon Snack (Pre3 - G2)	Raw vegetables
Peach curd cheese dessert	Carrot sticks	Pastry
Fruit	Mini Vanilla Cheesecakes (Baltais)	Milk
Friday, Feb 8	Friday, Feb 15	Friday, Feb 22

Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)
Semolina porridge w/jam	Multigrain Porridge w/jam	Multigrain Porridge
Ham & Cheese pastry	Snadwich with breakfast sausage	Cookies
Hot Tea	Cocoa	Hot cocoa
Lunch (Pre3-G12)	Lunch (Pre3-G12)	Lunch (Pre3-G12)
Tomato soup	Potato Green pea soup	
Potato Cheese croquettes	Potato gnocchi with mushrooms	
Kentucky-style Turkey patty	BBQ Porkchop	SPANISH Cuisine Day!
Curry Chicken	Braised chicken with herbs and tomatoes	
Pasta	Oven-roasted potatoes	
Rice w/vegetables	Carrot salad with sour cream	Afternoon Snack (Pre3-G2)
Cabbage salad	Pasta	Baltais mini cheesecakes
Ruccola salad w/tofu	Tomato salad	Apples
Yogurt	Fruit salad with seasonal berries	
Cranberry juice	Cranberry syrup drink	
Afternoon Snack (Pre3-G2)	Afternoon Snack (Pre3-G2)	
Dried Fruits	Homemade Cupcake	
Pears	Orange juice	
Apples		