

JANUARY 2019 Menu

Monday, Jan 7	Monday, Jan 14	Monday, Jan 21	Monday, Jan 28
Morning Snack (Pre3 - G5) Cheese toast Tomatoes & cucumbers Hot Tea	Morning Snack (Pre3 - G5) Ham & Cheese sandwich Orange slices Hot Tea	Morning Snack (Pre3 - G5) Breakfast Sausage w/bread Cucumbers & tomatoes Hot tea	Morning Snack (Pre3 - G5) Cheese toast Tomatoes & cucumbers Hot Tea
Lunch (Pre3 - G12) Italian Lentil soup Stuffed Zucchini (tomatoes & cheese) Bolognese or Tomato Sauce Chicken Giross Pasta Boiled potatoes Vegetable lecho Lettuce salad with vegetables Green leaf salad with mushrooms & chicken Lemon-lime Panna cotta Cranberry juice	Lunch (Pre3 - G12) Pumpkin Cream soup Zucchini-tomato-chick pea-carrot stew Falafels Chinese Honey Chicken Chinese-style Chicken ham Fried Lime rice Boiled potatoes Avacado-Tomato salad Carrot Beet salad Mushroom sauce Fruit platter	Lunch (Pre3 - G12) Squash cream soup Vegetables with melted cheese Turkey meatball (chick peas & carrots) Pork Roast Rice Pasta Cabbage croquettes CousCous vegetable salad Cooked beets with arugola Fruit salad Cranberry juice	Lunch (Pre3 - G12) Italian Lentil soup Stuffed Zucchini (tomatoes & cheese) Bolognese or Tomato Sauce Chicken Giross Pasta Boiled potatoes Vegetable lecho Lettuce salad with vegetables Green leaf salad with mushrooms & chicken Lemon-lime Panna cotta Cranberry juice
Afternoon Snack (Pre3-G2) Muffin Fruit	Afternoon Snack (Pre3-G2) Biscuit Pears	Afternoon Snack (Pre3 - G2) Selga cookie Raw vegetables	Afternoon Snack (Pre3-G2) Muffin Fruit
Tuesday, Jan 8	Tuesday, Jan 15	Tuesday, Jan 22	Tuesday, Jan 29
Morning Snack (Pre3 - G5) Breakfast muesli Milk Bananas	Morning Snack (Pre3 - G5) Pasta wth cheese Tomatoes Hot Tea	Morning Snack (Pre3 - G5) Croissant w/jam Dried fruit mix Hot Cocoa drink	Morning Snack (Pre3 - G5) Breakfast muesli Milk Bananas
Lunch (Pre3 - G12) Beet & Potato soup Stuffed Potato (garlic & cheese) Beefsteak w/onions Teriyaki Chicken Egg noodles Mashed Potatoes Mixed Lettuce salad Korean carrot salad Cooked green butter beans Mandarin dessert Cranberry juice	Lunch (Pre3 - G12) Indian Cauliflower soup Vegetable ragout Stuffed Squash (vegetables & cheese) Pork Outlet Chili con Carne w/beans Oven-roasted potatoes Mexican-style rice Cabbage Pepper Cauliflower salad Marinated pickles & olives Fruit salad (apples, oranges) Cranberry juice	Lunch (Pre3 - G12) Meatball Soup Carrot Couscous croquette Sweet & Sour Pork Chicken Teriyaki Oven roasted Potatoes Macaroni Steamed broccoli Green Salad Carrot Cabbage slaw w/dried cranberries Warm Cottage cheese dessert with sauce Apple juice	Lunch (Pre3 - G12) Beet & Potato soup Stuffed Potato (garlic & cheese) Beefsteak w/onions Teriyaki Chicken Egg noodles Mashed Potatoes Mixed Lettuce salad Korean carrot salad Cooked green butter beans Mandarin dessert Cranberry juice
Afternoon Snack (Pre3-G2) Cucumbers & carrot sticks Strawberry milk	Afternoon Snack (Pre3-G2) Fruit Yogurt	Afternoon Snack (Pre3 - G2) Rice cakes Yogurt	Afternoon Snack (Pre3-G2) Cucumbers & carrot sticks Strawberry milk
Wednesday, Jan 9	Wednesday, Jan 16	Wednesday, Jan 23	Wednesday, Jan 30
Morning Snack (Pre3 - G5) Oatmeal w/jam Bread w/sausage Hot Tea	Morning Snack (Pre3 - G5) Melted Cheese toast Tomatoes & Cucumbers Hot Tea	Morning Snack (Pre3 - G5) Cheese Sandwich Tomatoes & Cucumbers Hot tea	Morning Snack (Pre3 - G5) Oatmeal w/jam Bread w/sausage Hot Tea
Lunch (Pre3-G12) Mongolian Tomato & Green Pea soup Stuffed Pepper (mushroom couscous) Pork fillet Chicken fillet Boiled potatoes Macaroni Beet salad w/mandarins Mixed Lettuce salad Roasted pumpkin w/lentils Fruit w/yogurt Cranberry juice	Lunch (Pre3-G12) Sweet & Sour Corn soup Oven-roasted fall vegetables Potato-Mushroom croquette Teriyaki-glazed salmon BBQ Drumsticks Mashed Potatoes Rice Medley Radish-Carrot-Cabbage slaw Greek salad Quince juice Apricot Oatmeal cream dessert	Lunch (Pre3 - G12) Vegetable soup Pasta with roasted vegetables Lamb Curry Chicken Patty Chinese Cabbage salad Raw carrots Mashed potatoes Mixed Lettuce salad Fruit & Berry Dessert with whipped cream Cranberry juice	Lunch (Pre3-G12) Mongolian Tomato & Green Pea soup Stuffed Pepper (mushroom couscous) Pork fillet Chicken fillet Boiled potatoes Macaroni Beet salad w/mandarins Mixed Lettuce salad Roasted pumpkin w/lentils Fruit w/yogurt Cranberry juice
Afternoon Snack (Pre3-G2) Oatmeal Cookie Apples	Afternoon Snack (Pre3-G2) Oatmeal cookie Banana	Afternoon Snack (Pre3 - G2) Cheese Pastry Fruit Strawberry milk	Afternoon Snack (Pre3-G2) Oatmeal Cookie Apples
Thursday, Jan 10	Thursday, Jan 17	Thursday, Jan 24	Thursday, Jan 31
Morning Snack (Pre3 - G5) Apple pancakes Hot Tea	Morning Snack (Pre3 - G5) Omelete Fresh cut peppers & tomatoes Hot Tea	Morning Snack (Pre3 - G5) Breakfast Muesli Milk Melon slices	Morning Snack (Pre3 - G5) Apple pancakes Hot Tea
Lunch (Pre3-G12) Chicken Noodle soup Gnocci in tomato basil sauce Roasted Pork w/lingonberry sauce Moroccan-style Chicken Broccoli w/cheese Lemon Rice Pan-fried new potatoes Carrot Salad Raw carrots, cucumbers & peppers Berry & cream dessert Apple juice	Lunch (Pre3-G12) Vegetable Root soup Quinoa-red beans-corn-tomato medley Grilled Chicken fillet with mustard sauce Beef Stroganoff Boiled potatoes Bulgur Grilled vegetables Chinese Cabbage and Cucumber salad Pasta salad with capers and sundried tomatoes Rice Pudding w/sauce Quince berry juice	Lunch (Pre3 - G12) Squash Bean Soup Cabbage roll stuffed w/tomatoes & rice Homemade Roasted Pork chop Curry Chicken Bulgur Boiled potatoes Oven-baked autumn vegetables Cucumber salad Leafy green salad Rice cream dessert Cranberry juice	Lunch (Pre3-G12) Chicken Noodle soup Gnocci in tomato basil sauce Roasted Pork w/lingonberry sauce Moroccan-style Chicken Broccoli w/cheese Lemon Rice Pan-fried new potatoes Carrot Salad Raw carrots, cucumbers & peppers Berry & cream dessert Apple juice
Afternoon Snack (Pre3-G2) Raw vegetables Pastry Milk	Afternoon Snack (Pre3-G2) Peach curd cheese dessert Fruit	Afternoon Snack (Pre3 - G2) Carrot sticks Mini Vanilla Cheesecakes (Baltais)	Afternoon Snack (Pre3-G2) Raw vegetables Pastry Milk
Friday, Jan 11	Friday, Jan 18	Friday, Jan 25	Friday, Feb 1
Morning Snack (Pre3 - G5) Multigrain Porridge Cookies Hot cocoa	Morning Snack (Pre3 - G5) Semolina porridge w/jam Ham & Cheese pastry Hot Tea	Morning Snack (Pre3 - G5) Multigrain Porridge w/jam Snadwich with breakfast sausage Cocoa	Morning Snack (Pre3 - G5) Multigrain Porridge Cookies Hot cocoa
Lunch (Pre3-G12) Porcini mushroom & Potato soup Oven-baked Cauliflower w/cheese Salmon fillet Beef Lasagna Pan-fried Potato sticks Rice w/vegetables Potato-mushroom croquettes Latvian-style potato salad	Lunch (Pre3-G12) Tomato soup Potato Cheese croquettes Kentucky-style Turkey patty Curry Chicken Pasta Rice w/vegetables Cabbage salad Ruccola salad w/tofu	Lunch (Pre3-G12) Potato Green pea soup Potato gnocchi with mushrooms BBQ Porkchop Braised chicken with herbs and tomatoes Oven-roasted potatoes Carrot salad with sour cream Pasta Tomato salad	Lunch (Pre3-G12) <i style="text-align: center;">Chinese Cuisine Day! Happy Chinese New Year!</i>
			Afternoon Snack (Pre3-G2) Baltais mini cheesecakes Apples

Cucumber cauliflower salad	Yogurt	Fruit salad with seasonal berries	
Coffecake	Cranberry juice	Cranberry syrup drink	
Apple juice	Afternoon Snack (Pre3-G2)	Afternoon Snack (Pre3-G2)	
Afternoon Snack (Pre3-G2)	Dried Fruits	Homemade Cupcake	
Baltais mini cheesecakes	Pears	Orange juice	
Apples			