

November 2018 Menu

Monday, Nov. 5	Monday, Nov. 12	Monday, Nov. 19	Monday, Nov. 26
Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)	Latvian Independence Day	Morning Snack (Pre3 - G5)
Cheese toast	Hot Tea	No School	Pancakes stuffed with apples and strawberries
Orange slices	Ham sandwich		Sour cream
Hot Tea	Orange slices		Tea
Lunch (Pre3-G12)	Lunch (Pre3-G12)		Lunch (Pre3 - G12)
Pumpkin Cream soup	Potato Green Pea soup		Sorrel soup
Zucchini-tomato-chick pea-carrot stew	Sour cream		Fried sweet peppers & vegetables in sour cream sauce
Falafels	Sorghum with vegetables and pesto		Braised Beef with garlic
Chinese Honey Chicken	Chinese Honey Chicken		Minced Meat sauce
Pork & Vegetables in hoisin sauce	Pork & Vegetables in hoisin sauce		Rice noodles
Fried Lime rice	Boiled potatoes		Boiled potatoes with dill
Boiled potatoes	Boiled White Rice		Steamed green butter beans
Avacado-Tomato salad	Mixed Lettuce Salad		Romaine salad with tomatoes, chick peas and olives
Carrot Beet salad	Cucumbers		Pickle salad
Mushroom sauce	Cranberry whipped dessert		Mango yogurt cocktail
Fruit platter	Cranberry juice		Apple juice
Afternoon Snack (Pre3-G2)	Rye bread (Druvas Klona)		Fazer white bread
Coffeecake	Afternoon Snack (Pre3-G2)		Afternoon Snack (Pre3 - G2)
Pears	Bananas		Coconut Bun
Tuesday, Nov. 6	Tuesday, Nov. 13	Tuesday, Nov. 20	Tuesday, Nov. 27
Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)
Breakfast muesli	Multigrain Oatmeal	Multigrain Oatmeal	Breakfast Sausage
Milk	Strawberry sauce	Strawberry sauce	Wheat bread
Sliced Melon	Cheese crackers	Fruit	Cucumbers & tomatoes
Lunch (Pre3-G12)	Hot Cocoa drink	Hot Cocoa drink	Hot tea
Indian Cauliflower soup	Lunch (Pre3-G12)	Lunch (Pre3 - G12)	Lunch (Pre3 - G12)
Vegetable ragout	Indian Cauliflower soup	Cabbage - Bean soup with potatoes	Squash cream soup
Stuffed Squash (vegetables & cheese)	Sour cream	Sour cream	Vegetables with melted cheese
Pork Patty	Stuffed Squash (vegetables & cheese)	Stuffed Mushroom croquettes	Vegetarian Burrito
Chili con Carne w/beans	Meatloaf	Sweet & Sour Pork	Pork Roast
Oven-roasted potatoes	Homestyle Chicken fillet	Chicken Teriyaki	Rice Medley
Mexican-style rice	Boiled potatoes	Oven roasted Potatoes	Potato & Carrot Puree
Cabbage Pepper Cauliflower salad	Boiled Buckwheat	Macaroni	Sweet cream & Basil sauce
Marinated pickles & olives	Cabbage salad with peppers and cauliflower	Steamed broccoli	Peeled carrots
Fruit salad (apples, oranges)	Pickles	Cucumbers	Lettuce mix salad
Cranberry juice	Fruit Salad	Romaine Vegetable salad	Green lettuce salad with avacados
Herb sauce	Cranberry juice	Warm Cottage cheese desert with sauce	Apple juice
Afternoon Snack (Pre3-G2)	Rye bread (Druvas Klona)	Cranberry juice	Cookies
Fruit	Green herb sauce	Rye bread	Afternoon Snack (Pre3 - G2)
Yogurt	Afternoon Snack (Pre3-G2)	Afternoon Snack (Pre3 - G2)	Fruit platter
Wednesday, Nov. 7	Wednesday, Nov. 14	Wednesday, Nov. 21	Wednesday, Nov. 28
Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)
Cheese sandwich	Melted Cheese toast	Cheese Sandwich	Hard-boiled eggs
Cucumbers & Cherry tomatoes	Cucumbers	Tomatoes & Cucumbers	Toast & Jam
Hot Tea	Hot Tea	Hot tea	Hot tea
Lunch (Pre3-G12)	Lunch (Pre3-G12)	Lunch (Pre3 - G12)	Lunch (Pre3 - G12)
Sweet & Sour Corn soup	Sweet & Sour Potato Corn soup	Vegetable soup	Borscht soup
Oven-roasted fall vegetables	Sour cream	Sour cream	Sour cream
Potato-Mushroom croquette	Pasta with grilled vegetables	Pasta with roasted vegetables	Cabbage rolls with mushrooms
Teriyaki-glazed salmon			Sweet & Sour Chicken fillet

BBQ Drumsticks	Panfried Breaded White fish	Lamb Curry	Pork chop in cranberry sauce
Mashed Potatoes	Pork & Vegetable stew "Plovs"	Chicken Cutlet	Chinese Cabbage Cucumber salad
Rice Medley	Mashed Potatoes	Chinese Cabbage salad	Oven-roasted potatoes
Radish-Carrot-Cabbage slaw	Cabbage Salad with herbs	Carrots	Buckwheat
Greek salad	Cucumbers	Mashed potatoes	Greens salad
Quince juice	Banana & Chocolate cream dessert	Lettuce salad	Fruit & cream dessert
Apricot Oatmeal cream dessert	Quince berry juice	Fruit & Berry Dessert with whipped cream	Cranberry juice
Afternoon Snack (Pre3-G2)	Rye bread (Druvas Klona)	Cranberry juice	White bread
Oatmeal Cookie	Southern sauce	White bread	Afternoon Snack (Pre3 - G2)
Bananas	Afternoon Snack (Pre3-G2)	Afternoon Snack (Pre3 - G2)	Fruit
Thursday, Nov. 8	Pastry	Cheese Pastry	Pineapple juice
Morning Snack (Pre3 - G5)	Thursday, Nov. 15	Strawberry milk	Thursday, Nov. 29
Omlete	Latvian Cuisine Day	Thursday, Nov. 22	Morning Snack (Pre3 - G5)
Fresh cut peppers & tomatoes	Morning Snack (Pre3 - G5)	Morning Snack (Pre3 - G5)	Semolina porridge w/jam
Wheat bread (Fazer)	Potato Pancakes	Breakfast Muesli	Ham & Cheese sandwich
Hot Tea	Fresh cut peppers & tomatoes	Milk	Hot Cocoa drink
Lunch (Pre3-G12)	Wheat bread (Fazer)	Melon slices	Lunch (Pre3 - G12)
Vegetable Root soup	Hot Tea	Lunch (Pre3 - G12)	Ribollita soup
Quinoa-red beans-corn-tomato medley	Lunch (Pre3-G12)	Squash Spinach soup	Sour cream
Grilled Chicken fillet with mustard sauce	Solanka Soup	Sour cream	Nepali-style potato-broccoli gratin
Beef Strogonovs	Grey Peas w/bacon	Cabbage rolls with tomatoes & rice	Meatball Tajine
Boiled potatoes	Oven-roasted Duck	Chicken Curry	Boiled chicken ham
Bulgur	Sausages	Homestyle-baked Porkchops	Boiled Potatoes
Grilled vegetables	Fried Sauerkraut	Boiled Potatoes	Pasta
Chinese Cabbage and Cucumber salad	Boiled potatoes w/dill	Bulgur	Tomato Herb sauce
Pasat salad with capers and sundried tomatoes	Boiled Pearl Barley-Potato-Onion mix	Cucumbers with dill	Cabbage Tomato salad
Caramel Muffin	Barley porridge	Oven-baked Fall Vegetables	Steamed green butter beans
Quince berry juice	Latvian-style Potato salad "Rosols"	Lettuce salad with chicken fillet	Couscous Salad
Afternoon Snack (Pre3-G2)	Rye bread dessert with lingonberries	Rice pudding with sauce	Cocoa cream dessert
Peach curd cheese dessert	Kefir	Apple juice	Apple juice
Friday, Nov. 9	Bacon-filled rolls "P r gi"	Rye bread	Rye bread
Morning Snack (Pre3 - G5)	Afternoon Snack (Pre3-G2)	Kefir-Herb sauce	Afternoon Snack (Pre3 - G2)
Semolina porridge w/jam	Caramel muffin	Afternoon Snack (Pre3 - G2)	Biscotti cookies
Ham & Cheese spread	Friday, Nov. 16	Mini Vanilla Cheesecakes (Baltais)	Friday, Nov. 30
White bread (Fazer)	Parent-Student-Teacher Conferences	Friday, Nov. 23	Morning Snack (Pre3 - G5)
Hot Tea		Morning Snack (Pre3 - G5)	Toast
Lunch (Pre3-G12)		Multigrain Porridge	Cheese slices
Tomato soup		Strawberry sauce	Cucumbers
Potato Cheese croquettes		Bread with boiled sausage	Pears
Kentucky-style Turkey patty		Hot Cocoa drink	Lunch (Pre3 - G12)
Curry Chicken		Lunch (Pre3 - G12)	Sorrel soup
Spaghetti		Potato Green Pea soup	Sour cream
Rice w/vegetables		Sour cream	Vegetarian Lasagna
Cabbage salad		Gnocchi with mushrooms	Roasted Pork
Ruccola salad w/tofu		Braised Chicken with herbs and tomatoes	Azu Beef & Carrot stew
Yogurt		BBQ Pork	Lasagna
Cranberry juice		Macaroni	Carrot Salad
Afternoon Snack (Pre3-G2)		Oven roasted Potatoes	Vegetable & Marinated mushroom salad
Granola fruit bar		Tomatoes	Cesar Salad w/bacon
Pears		Carrot Salad	Cottage cheese tart
		Seasonal Berry fruit salad	Apple juice
		Lettuce salad w/chicken gyros	Rye bread

	Cranberry juice	Afternoon Snack (Pre3 - G2)
	Rye bread	Biscuits
	Afternoon Snack (Pre3 - G2)	
	Homemade Muffin	