

## October 2018 Menu

<b>Monday, Oct. 1</b>
<b>Morning Snack (Pre3 - G5)</b>
Cheese sandwich
Tomatoes
Cucumbers
Hot Tea
<b>Lunch (Pre3-G12)</b>
Asian Vegetable Soup
Sour cream
Stuffed Zucchini (tomatoes, cheese, bread crumbs)
Traditional Bolognese sauce
Chicken gyros
Macaroni
Boiled potatoes
Carrot Leek sauce
Steamed Green beans
Cucumbers
Pears
Cranberry juice
Rye bread (Druvas Klona)
<b>Afternoon Snack (Pre3-G2)</b>
Homemade Muffin
Pineapple Juice
<b>Tuesday, Oct. 2</b>
<b>Morning Snack (Pre3 - G5)</b>
Breakfast muesli
Milk
Sliced Melon
<b>Lunch (Pre3-G12)</b>
Dal Tarkari (lentil vegetable) soup
Sour cream
Stuffed Potato (spicy cottage cheese, garlic)
Beef stites with onions
Chicken Gyros
Boiled White Rice
Mashed Potatoes
Mixed Green salad
Cucumber Dill salad
Mandarin surprise
Whipped Cream
Cranberry juice
Rye bread (Druvas Klona)
White sauce
<b>Afternoon Snack (Pre3-G2)</b>
Cheesecake pastry
Strawberry milk
<b>Wednesday, Oct. 3</b>
<b>Morning Snack (Pre3 - G5)</b>
Oatmeal
Jam
Rye bread with cheese
Hot Tea
<b>Lunch (Pre3-G12)</b>
Moroccan Tomato & Green Pea soup
Stuffed Pepper (with mushroom couscous)
Pork strips
Homestyle Chicken fillet
Carrot salad
Cut tomatoes
Boiled potatoes
Macaroni
Yogurt with fruit
Cranberry juice
White bread (Fazer)
Milk sauce
<b>Afternoon Snack (Pre3-G2)</b>
Homemade Cookie
Apples
<b>Thursday, Oct. 4</b>
<b>Morning Snack (Pre3 - G5)</b>
Strawberry Apple-filled Pancakes
Sour cream
Hot Tea
<b>Lunch (Pre3-G12)</b>
Sorrel Spinach soup
Sour cream
Gnocchi with tomato-basil sauce
Sausages
Moroccan Chicken
Mashed Potatoes
Boiled Buckwheat
Carrot-Cucumber-Pepper salad
Cut tomatoes
White sauce
Berries with whipped cream
Apple juice
Rye bread (Druvas Klona)
<b>Afternoon Snack (Pre3-G2)</b>
Pastry
Milk
<b>Friday, Oct. 5</b>
<b>Morning Snack (Pre3 - G5)</b>
Multigrain Oatmeal
Strawberry sauce
Selga Cookies
Hot Cocoa drink
<b>Lunch (Pre3-G12)</b>
Cabbage Soup
Sour cream
Ovenbaked Cauliflower with cheese
Chicken fillet in cream sauce
Homestyle Baked Pork chop
Pan-fried Potatoes
Boiled White Rice
Steamed vegetables
Cucumber Cauliflower Dill salad
Coffeecake
Apple juice
White bread (Fazer)
Southern sauce
<b>Afternoon Snack (Pre3-G2)</b>
Mini Cheesecake (Baltais)

<b>Monday, Oct. 8</b>
<b>Morning Snack (Pre3 - G5)</b>
Hot Tea
Tunafish sandwich
Orange slices
<b>Lunch (Pre3-G12)</b>
Potato Green Pea soup
Sour cream
Sorghum with vegetables and pesto
Chinese Honey Chicken
Pork & Vegetables in hoisin sauce
Boiled potatoes
Boiled White Rice
Mixed Lettuce Salad
Cucumbers
Latvian pastry "klingeris"
Cranberry juice
Rye bread (Druvas Klona)
<b>Afternoon Snack (Pre3-G2)</b>
Pears
<b>Tuesday, Oct. 9</b>
<b>Morning Snack (Pre3 - G5)</b>
Multigrain Oatmeal
Strawberry sauce
Cheese crackers
Hot Cocoa drink
<b>Lunch (Pre3-G12)</b>
Indian Cauliflower soup
Sour cream
Stuffed Squash (vegetables & cheese)
Meatloaf
Homestyle Chicken fillet
Boiled potatoes
Boiled Buckwheat
Cabbage salad with peppers and cauliflower
Pickles
Fruit Salad
Cranberry juice
Rye bread (Druvas Klona)
Green herb sauce
<b>Afternoon Snack (Pre3-G2)</b>
Yogurt
<b>Wednesday, Oct. 10</b>
<b>Morning Snack (Pre3 - G5)</b>
Meltd Cheese toast
Cucumbers
Hot Tea
<b>Lunch (Pre3-G12)</b>
Spicy Sweet Potato Corn soup
Sour cream
Pasta with steamed vegetables
Panfried Breaded White fish
Pork & Vegetable stew
Mashed Potatoes
Cabbage Salad with herbs
Cucumbers
Pastry
Quince berry juice
Rye bread (Druvas Klona)
Southern sauce
<b>Afternoon Snack (Pre3-G2)</b>
Bananas
<b>Thursday, Oct. 11</b>
<b>Morning Snack (Pre3 - G5)</b>
Omelette
Fresh cut peppers
Fresh cut tomatoes
Dill sauce
Wheat bread (Fazer)
Hot Tea
<b>Lunch (Pre3-G12)</b>
Vegetable Root soup
Stuffed Zucchini (tomatoes, cheese, bread crumbs)
Grilled Chicken fillet with mustard sauce
Beef Stroganovs
Boiled potatoes
Bulgur
Steamed vegetables
Chinese Cabbage and Cucumber salad
Caramel Muffin
Quince berry juice
Rye bread (Druvas Klona)
<b>Afternoon Snack (Pre3-G2)</b>
Peach Cottage Cheese dessert
<b>Friday, Oct. 12</b>
<b>Morning Snack (Pre3 - G5)</b>
Semolina porridge
Jam
Ham & Cheese spread
White bread
Hot Tea
<b>Lunch (Pre3-G12)</b>
Cauliflower Soup
Sour cream
Cabbage Roll with cheese & spinach
Ovenbaked Chicken with paprika seasoning
Ground Pork snitzel
Mashed Potatoes
Macaroni
Cabbage Salad with balsamico
Carrot Salad with cauliflower
Yogurt
Cranberry juice
White bread (Fazer)
Cheese sauce
<b>Afternoon Snack (Pre3-G2)</b>
Plain donut

<b>Monday, Oct. 15</b>
<b>Morning Snack (Pre3 - G5)</b>
Boiled sausages
White bread
Tomatoes
Cucumbers
Hot tea
<b>Lunch (Pre3 - G12)</b>
Squash creamsoup
Vegetables in cream sauce
Cranberry juice
Turkey Meatballs with zucchini and carrots
Oven-roasted Pork
Boiled Rice
Boiled Potatoes
Fruit salad
Tomatoes
Red Cabbage Carrot salad
Beef bouillon sauce
Cranberry juice
White bread
<b>Afternoon Snack (Pre3 - G2)</b>
Granola Bar
<b>Tuesday, Oct. 16</b>
<b>Morning Snack (Pre3 - G5)</b>
Multigrain Oatmeal
Strawberry sauce
Crossant
Hot Cocoa drink
<b>Lunch (Pre3 - G12)</b>
Squash Potato Bean soup
Sour cream
Carrot Couscous croquette
Pork in cream sauce
Chicken Teriyaki
Oven roasted Potatoes
Macaroni
Steamed broccoli
Cucumbers
Warm Cottage cheese desert with sauce
Cranberry Juice
Rye bread
<b>Afternoon Snack (Pre3 - G2)</b>
Yogurt
<b>Wednesday, Oct. 17</b>
<b>Morning Snack (Pre3 - G5)</b>
Cheese Sandwich
Tomatoes
Cucumbers
Hot tea
<b>Lunch (Pre3 - G12)</b>
Vegetable soup
Sour cream
Pasta with vegetables
Lamb Curry
Chicken Burger
Chinese Cabbage salad
Carrots
Mashed potatoes
Fruit & Berry Dessert with whipped cream
Cranberry juice
White bread
<b>Afternoon Snack (Pre3 - G2)</b>
Cheese Pastry
Strawberry milk
<b>Thursday, Oct. 18</b>
<b>Morning Snack (Pre3 - G5)</b>
Breakfast Muesli
Milk
Melon slices
<b>Lunch (Pre3 - G12)</b>
Squash Spinach soup
Sour cream
Cabbage rolls with tomatoes & rice
Chicken Curry
Homestyle-baked Porkchops
Boiled Potatoes
Bulgur
Cucumbers with dill
Oven-baked Fall Vegetables
Rice pudding with sauce
Apple juice
Rye bread
Kefir-Herb sauce
<b>Afternoon Snack (Pre3 - G2)</b>
Mini Vanilla Cheesecakes (Baltais)
<b>Friday, Oct. 19</b>
<b>Morning Snack (Pre3 - G5)</b>
Oatmeal
Strawberry sauce
Bread with boiled sausage
Hot Cocoa drink
<b>Lunch (Pre3 - G12)</b>
Potato Green Pea soup
Sour cream
Gnocchi with mushrooms
Steamed Chicken with herbs and tomatoes
BBQ Pork
Macaroni
Oven roasted Potatoes
Tomatoes
Carrot Salad
Seasonal Berry fruit salad
Cranberry juice
Rye bread
<b>Afternoon Snack (Pre3 - G2)</b>
Homemade Muffin
Orange Juice

<b>Monday, Oct. 29</b>
<b>Snack (Pre3-G5)</b>
Camomile tea
Hot cheese toast
Orange slices
<b>Lunch (Pre3-G12)</b>
Pumpkin cream soup
Zucchini-tomato-carrot stew
Falafel chick pea meatballs
Honey Chinese Chicken
Hot Stir Pork & Vegetables
Boiled Potatoes
Lime Rice
Avacado Tomato Salad
Carrot Beet Salad
Mushroom Sauce
Fruit Platter
<b>Afternoon Snack (Pre3-G2)</b>
Pastry
Pears
<b>Tuesday, Oct. 30</b>
<b>Snack (Pre3-G5)</b>
Pasta w/cheese
Tomatoes
Tea with lemon
<b>Lunch (Pre3-G12)</b>
Indian Cauliflower soup
Vegetable ragu
Stuffed Squash (vegetables and cheese)
Pork patties
Chili con carne with beans
Oven-roasted potatoes
Mexican-style rice
Cabbage-Peppers-Cauliflower slaw
Pickles & olives
Fruit Salad
Cranberry juice
Herb sauce
<b>Afternoon Snack (Pre3-G2)</b>
Fruit
Yogurt
<b>Wednesday, Oct. 31</b>
<b>Snack (Pre3-G5)</b>
Cheese sadhwich
Cherry tomatoes
Cucumbers
Hot tea
<b>Lunch (Pre3-G12)</b>
Sweet Potato Corn soup
Oven-roasted autumn vegetables
Mushroom potato croquette
Salmon in teriyaki sauce
BBQ Chicken drumsticks
Mashed potatoes
Rice Medley
Carrot Radish Salad
Greek salad
Quince berry juice
Apricot muesli dessert
<b>Afternoon Snack (Pre3-G2)</b>
Oatmeal cookies
Banana
<b>Thursday, Nov. 1</b>
<b>Snack (Pre3-G5)</b>
Omelette
Pepper and tomato slices
Dill sauce
Wheat bread
Hot tea
<b>Lunch (Pre3-G12)</b>
Vegetable cream soup
Red beans-corn-tomato with quinoa
Grilled chicken in mustard sauce
Beef Stroganovs
Boiled Potatoes
Bulgur
Grilled vegetables
Chinese cabbage with cucumbers
Pasta salad with capers and sun-dried tomatoes
Quince berry juice
Caramel muffin
<b>Afternoon Snack (Pre3-G2)</b>
Apricot cheese cake
<b>Friday, Nov. 2</b>
<b>Snack (Pre3-G5)</b>
Semolina porridge
Jam
Cheese-Ham on bread
Hot tea
<b>Lunch (Pre3-G12)</b>
Tomato soup w/croutons
Potato croquette
Turkey pattie
Curry Chicken
Spaghetti
Rice Medley
Cole slaw
Rucola salad with sundried tomatoes and tofu
Yogurt
<b>Afternoon Snack (Pre3-G2)</b>
Granola fruit bar
Pears