



Grades 3 – 12 September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>No Lunch</p>	<p>4</p> <p>Pork Meatball Chicken Teriyaki Cous Cous w/carrots Risotto w/vegetables Roasted Potatoes Fresh Vegetable Salad Beet Salad Potato Bean Soup Cottage Cheese Dessert</p>	<p>5</p> <p>Stewed Lamb Steamed Salmon Potato-Green Pea-Tomato Curry Mashed Potatoes Pasta w/vegetables Chinese Cabbage Salad Spanish-style Beet Salad Farmer's Soup</p>	<p>6</p> <p>Curry Chicken Roasted Pork w/lemon mustard Rice & Tomato Cabbage roll Boiled potatoes Bulgur Quinoa vegetable mix Cucumbers w/dill Beet Salad Coconut Rice pudding</p>	<p>7</p> <p>Chicken Tomato stew BBQ Pork Gnocci w/mushrooms Pasta Roasted Potatoes Carrot Salad Tomato Salad Potato Green Pea Soup Fruit Salad</p>
<p>10</p> <p>Braised Beef w/garlic ChiuChow Pork w/Noodles Stuffed Pepper w/vegetables Boiled Potatoes Pumpkin Apple Carrot Salad Cucumber salad Sorrel Soup Mango Smoothie</p>	<p>11</p> <p>Turkey Meatballs Roasted Pork Oven-roasted Vegetables Basmati Red Rice mix Potato Carrot puree Cabbage Beet Salad Carrot Cucumber Salad Beef Bouillon Soup Melon Raspberry Mango fruit salad</p>	<p>12</p> <p>Sweet & Sour Chicken Roasted Pork chop Mushroom Cabbage Roll Oven-baked Potatoes Dark Bulgur w/ vegetables Red Cabbage Carrot Salad Chinese Cabbage Cucumber salad Vegetable Beet Soup Strawberry Dessert</p>	<p>13</p> <p>Beef Meatball tagine Roasted Trout Potato Broccoli stew Mashed Potatoes w/cheese Basmati Wild Rice mix Cabbage Tomato Salad Carrot Cucumber Pepper salad Ribollita Soup Pear Salad w/vanilla</p>	<p>14</p> <p>Oven-roasted Pork Beef & Carrot stew Vegetarian Lasagna Buckwheat Vegetable Salad Marinated mushrooms Spinach Cream Soup Cottage Cheese dessert</p>
<p>17</p> <p>Pulled Pork Grilled Chicken Carrot Scone Boiled Potatoes Wholegrain Pasta Fresh Vegetable salad Tomato Olive Salad Vegetable Cream Soup Greek Yogurt dessert</p>	<p>18</p> <p>Salmon Fillet Pork Meatballs w/cheese Quinoa Red Bean & Corn mix Oven-roasted Potatoes Buckwheat Beet Salad Cabbage Cucumber salad Cauliflower Cheese soup Peach Cottage Cheese dessert</p>	<p>19</p> <p>Fried Chicken Pork Roast Spicy Potatoes Brown Rice Boiled Potatoes Cabbage Apple Salad Carrot Kohlrabi salad Cauliflower Soup Homemade Muffin</p>	<p>20</p> <p>Chicken Chop Stewed Rabbit in Tomato sauce Spicy Noodles w/vegetables Boiled Potatoes Vegetarian Lasagna Cabbage Pumpkin Salad Tomato Cucumber salad Green Pea Soup Cottage cheese dessert</p>	<p>21</p> <p>Chicken Mushroom Plovs Beef w/tumeric Stuffed Peppers Boiled Potatoes Pickled Beets Chinese Cabbage salad Vegetarian Solanka Fruit Smoothie</p>
<p>24</p> <p>Chicken fillets Grilled Pork w/mango chutney Fried Stuffed Tomatoes Basmati Rice Roasted Potatoes Crispy Vegetable salad Pumpkin salad Chickpea Soup Baked Apple dessert</p>	<p>25</p> <p>Turkey Goulash Pork Roast in Mustard Stuffed Zucchini Mashed Potatoes Bulgur Quinoa Mix Seasonal vegetable salads Wild Mushroom Dumpling Soup Fruit Salad</p>	<p>26</p> <p>Beef Lasagna Chinese Pork w/vegetables Eggplant Stew Lemon Rice Carrot Salad Cucumber Salad Broccoli Cream Soup Mango Peach Smoothie</p>	<p>27</p> <p>White Cod fillets w/capers Beef in Cream Sauce Gnocci w/tomato basil sauce Mashed Potatoes Vegetable Rice Medley Green Leafy Salad Beet Cabbage Soup Berry Fruit Salad</p>	<p>28</p> <p>Mediterranean-style Beef Steamed Turkey Breasts Vegetarian Lasagna Boiled Potatoes Buckwheat Pumpkin Salad Cabbage & Orange salad Broad Bean Vegetable Soup Coconut Cream dessert</p>