

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Pumpkin cream soup	Wonton soup	Broccoli cream soup	Egg noodle soup	Chicken, egg soup
SALADS	Green salad	Green salad	Green salad	Green salad	Green salad
	Russian beets salad	Potato salad	Beef sweet pepper salad	Chicken pasta salad	Korean fish cake salad
MAIN ENTREES	Chicken roll	Beef goulash	Chicken cutlet	Lamb shashlik	Burger
PRIMARY ENTREES	Spaghetti	Chicken nuggets	Beef Burritos	Deep fried chicken drumstick	Burger
Vegetarian Dish	Veggie pasta	Veggie burittos	Veggie khuushuur	Veggie spaghetti	Veggie burger
Starch	Steamed rice	Tomato pasta	Fried rice	Taglatella with pesto	French fries
Veggie	Mushed potato	Broccoli, carrot, potato mix	Potato casseroll	Bruchetta, vegie sandwich	Mixed vegies
Dessert	Watermelon	Waffel	Mousse cake	Friut salad	Donuts
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Creamy potato bacon soup	Fish soup	Goulash soup	Glass noodle soup	Mixed vegie soup
SALADS	Green salad	Green salad	Green salad	Green salad	Green salad
	Glass noodle salad	Coleslaw	Chicken and egg salad	Red cabbage salad	Egg, pineapple salad
MAIN ENTREES	Beef stragnoff	Steamed lamb	Meatball	BBQ Ribs	Pizza
PRIMARY ENTREES	Sweet chicken	Burritos	Deep fried fish	Chicken curry	Pizza
Vegetarian Dish	Vegie fried noodle	Vegie curry	Vegie fried rice	Vegie cutlet	Vegie pizza
Starch	Steamed rice	Tomato pasta	Fried rice	Taglatella with pesto	French fries
Veggie	Mushed potato	Broccoli, carrot, potato mix	Potato casseroll	Bruchetta, vegie sandwich	Mixed vegies
Dessert	Cup cake	Apple puree	Pannacota cramel	Éclair	Yogurt banana
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Pumpkin cream soup	Wonton soup	Broccoli cream soup	Egg noodle soup	Chicken, egg soup
SALADS	Green salad	Green salad	Green salad	Green salad	Green salad
	Russian beets salad	Potato salad	Beef sweet pepper salad	Chicken pasta salad	Korean fish cake salad
MAIN ENTREES	Chicken roll	Beef goulash	Chicken cutlet	Lamb shashlik	Burger
PRIMARY ENTREES	Spaghetti	Chicken nuggets	Beef Burritos	Deep fried chicken drumstick	Burger
Vegetarian Dish	Vegie pasta	Veggie burittos	Veggie khuushuur	Veggie spaghetti	Veggie burger
Starch	Steamed rice	Tomato pasta	Fried rice	Taglatella with pesto	French fries
Veggie	Mushed potato	Broccoli, carrot, potato mix	Potato casseroll	Bruchetta, vegie sandwich	Mixed vegies
Dessert	Watermelon	Waffel	Mousse cake	Friut salad	Donuts
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Creamy potato bacon soup	Fish soup	Goulash soup	Glass noodle soup	Mixed vegie soup
SALADS	Green salad	Green salad	Green salad	Green salad	Green salad
	Glass noodle salad	Coleslaw	Chicken and egg salad	Red cabbage salad	Egg, pineapple salad
MAIN ENTREES	Beef stragnoff	Steamed lamb	Meatball	BBQ Ribs	Pizza
PRIMARY ENTREES	Sweet chicken	Burritos	Deep fried fish	Chicken curry	Pizza
Vegetarian Dish	Vegie fried noodle	Vegie curry	Vegie fried rice	Vegie cutlet	Vegie pizza
Starch	Steamed rice	Tomato pasta	Fried rice	Taglatella with pesto	French fries
Veggie	Mushed potato	Broccoli, carrot, potato mix	Potato casseroll	Bruchetta, vegie sandwich	Mixed vegies
Dessert	Cup cake	Apple puree	Pannacota cramel	Éclair	Yogurt banana