



## MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes and milk	Cheerios with milk	Rice Krispis with milk	Cornflakes with milk	Cinnamon Oatmeal with yogurt
Am snack	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch	Rice with peas Cheese Omelet Mixed salad	Pasta with Lentils Tomatoes with corn	Beef meatballs Green beans Brad	Spinach and Ricotta Ravioli with tomato sauce Green salad	Pizza and mixed salad
PM snack	Homemade cake and 100% apple juice	Milk and cookies	Homemade cake and 100% apple juice	Yogurt	Milk and cookies

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles and milk	Cheerios with milk	Rice Krispis with milk	Cornflakes with milk	Cinnamon Oatmeal with yogurt
Am snack	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch	Rice with zucchini Boiled egg Green salad	Pasta with Kidney Beans Tomatoes with corn	Chicken Cutlet Spinach Bread	Bows with pesto, cherry tomatoes and green beans Tomato and mozzarella	Pizza and mixed salad
PM snack	Homemade cake and 100% apple juice	Milk and cookies	Homemade cake and 100% apple juice	Yogurt	Milk and cookies

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes and milk	Cheerios with milk	Rice Krispis with milk	Cornflakes with milk	Cinnamon Oatmeal with yogurt
Am snack	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch	Rice with spinach Egg frittata Tomatoes and corn	Pasta with tomato and tuna Mixed salad	Pork Lion Mini Meat rolls Broccoli Bread	Pasta with meat sauce Mixed salad	Pizza and mixed salad
PM snack	Homemade cake and 100% apple juice	Milk and cookies	Homemade cake and 100% apple juice	Yogurt	Milk and cookies

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles and milk	Cheerios with milk	Rice Krispis with milk	Cornflakes with milk	Cinnamon Oatmeal with yogurt
Am snack	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch	Rice with vegetables Scrambled eggs Tomatoes and cucumbers	Pasta with Lentils Tomatoes and corn	Turkey burgers Green beans Bread	Spinach and Ricotta Ravioli with tomato sauce Green salad	Pizza and mixed salad
PM snack	Homemade cake and 100% apple juice	Milk and cookies	Homemade cake and 100% apple juice	Yogurt	Milk and cookies