



NURSERY

JANUARY 01 - 05

Complemented with full salad bar

*For allergen information, please contact a team member

MONDAY

TUESDAY

SOUP

Chicken noodle soup

Gluten

MAIN

Steamed maruca

SIDES

Boiled potatoes – Carrots

DESSERT

Fresh fruit

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Cream of vegetables

MAIN

Roasted Turkey

SIDES

Rice

– Courgetti

DESSERT

Fresh fruit

SOUP

Cream of broccoli

MAIN

Steamed salmon

SIDES

Sweet potato

– Garden peas

DESSERT

Fresh fruit

SOUP

Cream of carrot

MAIN

Minced veal

SIDES

Spaghetti – Broccolis

DESSERT

Fresh fruit



KINDERGARTEN

JANUARY 1 - 5

Complemented with full salad bar
*For allergen information, please contact a team member

MONDAY

TUESDAY

SOUP

Chicken noodle soup

Gluten

MAIN

Fish stew

VEGETARIAN

Mac n cheese

SIDES

Potatoes – Carrots

DESSERT

Fresh fruit

WEDNESDAY

SOUP

Vegetable soup

MAIN

Roasted Turkey

VEGETARIAN

Huevos rancheros

SIDES

Rice – Courgetti

DESSERT

Fresh fruit

THURSDAY

SOUP

Cream of broccoli

MAIN

Salmon Creamy Pasta

VEGETARIAN

Mushroom Alfredo Pasta **Gluten**

SIDES

Pasta – Green peas

DESSERT

Fresh fruit

FRIDAY

SOUP

Carrot soup

MAIN

Meatballs w/ tomato sauce

VEGETARIAN

Sweet potato hash

SIDES

Spaghetti – Broccoli

DESSERT

Fresh fruit



Primary

JANUARY 1 - 5

Complemented with full salad bar
*For allergen information, please contact a team member

MONDAY

TUESDAY

SOUP

Chicken noodle soup

Gluten

MAIN

Chicken strofonoff

VEGETARIAN

Mac n cheese

SIDES

Rice – Carrots

DESSERT

Fresh fruit

WEDNESDAY

SOUP

Vegetable soup

MAIN

Roasted Turkey

VEGETARIAN

Huevos rancheros

SIDES

Roast potatoes – Courgetti

DESSERT

Fresh fruit

THURSDAY

SOUP

Cream of broccoli

MAIN

Salmon Creamy Pasta

VEGETARIAN

Mushroom Alfredo Pasta **Gluten**

SIDES

Pasta – Green peas

DESSERT

Fresh fruit

FRIDAY

SOUP

Carrot soup

MAIN

Beef Bolognese

VEGETARIAN

Sweet potato hash

SIDES

Spaghetti – Broccoli

DESSERT

Fresh fruit



Cantine

JANUARY 1 - 5

Complemented with full salad bar

*For allergen information, please contact a team member

MONDAY

TUESDAY

SOUP

Chicken noodle soup

Gluten

INTERNATIONAL

Chicken stroganoff

GRILL

Veal / Pork sausages / Salmon

VEGETARIAN

Leek Mac n cheese

Gluten

SIDES

Roast potatoes – Carrots

DESSERT

Brownie

WEDNESDAY

SOUP

Vegetable soup

MAIN

Turkey Break w/ mushroom sauce

GRILL

Turkey / Pork

VEGETARIAN

Huevos rancheros

SIDES

Rice

– Roasted root vegetables

DESSERT

Fresh fruit

THURSDAY

SOUP

Broccoli

MAIN

Codfish a bras

GRILL

Chicken thighs / Pork / Seabass

VEGETARIAN

Mushroom alfredo pasta **Gluten**

SIDES

Roasted potatoes – Garden peas

DESSERT

Fresh Fruit

FRIDAY

SOUP

Cream of carrot

MAIN

Beef Bolognese

GRILL

Chicken / Pork

VEGETARIAN

Sweet potato hash

SIDES

Pasta – Corn

DESSERT

Fresh Fruit



SNACKS

JANUARY 01 - 05

*All our cakes are low in salt, fat & sugar!

MONDAY

TUESDAY

MORNING

Fresh fruit – Maria cookies **Gluten**

AFTERNOON

Fruit Yogurt – Bread selection **Gluten**

NURSERY SNACKS

MORNING

Fresh fruit – Yogurt – Toasted cracker **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals – Milk

WEDNESDAY

MORNING

Fresh fruit – Toasted cracker **Gluten**

AFTERNOON

Cereals **Gluten**
w/ milk – Banana

NURSERY SNACKS

MORNING

Fresh fruit – Yogurt – Oatmeal cookie **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals **Gluten**
– Milk

THURSDAY

MORNING

Fresh fruit – Rice cookies

AFTERNOON

White Bread **Gluten**
w/ cheese or Ham – Milk

NURSERY SNACKS

MORNING

Fresh fruit – Yogurt – Toasted cracker **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals **Gluten**
Milk

FRIDAY

MORNING

Fresh fruit – whole meal cracker **Gluten**

AFTERNOON

Yogurt cake **Gluten**
– Fruit juice

NURSERY SNACKS

MORNING

Fresh fruit – Fruit Juice – Maria cookie **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals **Gluten**
– Milk



NURSERY

JANUARY 08 - 12

Complemented with full salad bar

*For allergen information, please contact a team member

MONDAY

SOUP

Cream of cauliflower

MAIN

Veal stew "au naturel"

SIDES

Rice - Broccoli

DESSERT

Fresh fruit

TUESDAY

SOUP

Garden peas soup

MAIN

Grilled hake fillets

SIDES

Fusilli **Gluten**

- Steamed carrot

DESSERT

Fresh fruit

WEDNESDAY

SOUP

Cream of vegetables

MAIN

Grilled Turkey w/ vegetables

SIDES

Rice

- Courgetti

DESSERT

Fresh fruit

THURSDAY

SOUP

Chicken noodle soup **Gluten**

MAIN

Steamed seabass

SIDES

Rice - Cauliflower

DESSERT

Fresh fruit

FRIDAY

SOUP

Chayote soup

MAIN

Grilled chicken

SIDES

Sweet potatoes

- Green beans

DESSERT

Fresh fruit



KINDERGARTEN

JANUARY 08 - 12

Complemented with full salad bar

*For allergen information, please contact a team member

MONDAY

SOUP

Cream of cauliflower

MAIN

Veal stew w/ vegetables

VEGETARIAN

Vegetable quiche optavia **Gluten**

SIDES

Rice – Broccoli

DESSERT

Fresh fruit

TUESDAY

SOUP

Garden peas soup

MAIN

Grilled hake fillet

VEGETARIAN

Vegan chilli w/ Tofu

SIDES

Fusilli **Gluten**

– Steamed carrot

DESSERT

Fruit Jelly

WEDNESDAY

SOUP

Vegetable soup

MAIN

Grilled Turkey w/ vegetables

VEGETARIAN

Huevos rancheros

SIDES

Rice – Courgetti

DESSERT

Fresh fruit

THURSDAY

SOUP

Chicken noodle soup **Gluten**

MAIN

Steamed seabass

VEGETARIAN

Roasted peppers frittata

SIDES

Green peas rice – Roasted cauliflower

DESSERT

Egg pudding

FRIDAY

SOUP

Chayote soup

MAIN

Chicken noodles stir -fry

VEGETARIAN

Indian fried rice

SIDES

Noodles – Green beans

DESSERT

Fresh Fruit



primary

JANUARY 08 - 12

Complemented with full salad bar

*For allergen information, please contact a team member

MONDAY

SOUP
Cream of cauliflower

MAIN
Smoked bacon Mac n Cheese **Gluten**

VEGETARIAN
Vegetable quiche optavia **Gluten**

SIDES
Rice – Broccoli

DESSERT
Fresh fruit

TUESDAY

SOUP
Garden peas soup

MAIN
Fish Goujons

VEGETARIAN
Vegan chilli w/ Tofu

SIDES
Fusilli **Gluten**
– Steamed carrot
DESSERT
Fruit Jelly

WEDNESDAY

SOUP
Vegetable soup

MAIN
Grilled Turkey w/ vegetables

VEGETARIAN
Huevos rancheros

SIDES
Rice – Courgetti

DESSERT
Fresh fruit

THURSDAY

SOUP
Chicken noodle soup **Gluten**

MAIN
Fish gratin w/ vegetables

VEGETARIAN
Roasted peppers frittata

SIDES
Green peas rice – Roasted cauliflower

DESSERT
Egg pudding

FRIDAY

SOUP
Chayote soup

MAIN
Chicken noodles stir -fry

VEGETARIAN
Indian fried rice

SIDES
Noodles – stir -fry vegetables

DESSERT
Fresh Fruit



Cantine

JANUARY 08 - 12

Complemented with full salad bar

*For allergen information, please contact a team member

MONDAY

SOUP

Cauliflower cream

MAIN

Smoked bacon Mac n Cheese **Gluten**

GRILL

Chicken / Pork

VEGETARIAN

Vegetable quiche **Gluten**

SIDES

Roast potatoes – Corn

DESSERT

Fresh fruit

TUESDAY

SOUP

Garden peas soup

MAIN

Fish Goujons

GRILL

Veal / Pork sausages / Salmon

VEGETARIAN

Vegan Chili

SIDES

Rice **Gluten**

Broccoli

DESSERT

Fruit Jelly **Gluten**

WEDNESDAY

SOUP

Vegetable soup

MAIN

Grilled Turkey w/ vegetables

GRILL

Turkey / Pork

VEGETARIAN

Poached eggs with peas

SIDES

Rice

– Roasted root vegetables

DESSERT

Fresh fruit

THURSDAY

SOUP

Chicken noodle soup **Gluten**

MAIN

Fish gratin w/ vegetables

GRILL

Chicken thighs / Pork / Seabass

VEGETARIAN

Roasted peppers frittata

SIDES

Sweet potatoes – Green peas rice – Roasted cauliflower

DESSERT

Egg pudding

FRIDAY

SOUP

Pumpkin soup

MAIN

Teriyaki Chicken noodles stir -fry

GRILL

Tuscani Sausages

VEGETARIAN

Asian fried rice w/ egg

SIDES

Noodles – stir-fry vegetables

DESSERT

Fresh fruit



SNACKS

JANUARY 08 - 12

*All our cakes are low in salt, fat & sugar!

MONDAY

MORNING

Fresh Fruit – Oatmeal cookies **Gluten**

AFTERNOON

Hot chocolate milk & madeleines **Gluten**

NURSERY SNACKS

MORNING

Fresh fruit – Banana smoothie – Maria cookie **Gluten**

AFTERNOON

Bread selection – Yogurt – Cereals **Gluten**
– Milk

TUESDAY

MORNING

Fresh fruit – Maria cookies **Gluten**

AFTERNOON

Fruit Yogurt – Bread selection **Gluten**

NURSERY SNACKS

MORNING

Fresh fruit – Yogurt – Toasted cracker **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals – Milk

WEDNESDAY

MORNING

Fresh fruit – Toasted cracker **Gluten**

AFTERNOON

Cereals **Gluten**
w/ milk – Banana

NURSERY SNACKS

MORNING

Fresh fruit – Yogurt – Oatmeal cookie **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals **Gluten**
– Milk

THURSDAY

MORNING

Fresh fruit – Rice cookies

AFTERNOON

White Bread **Gluten**
w/ cheese or Ham – Milk

NURSERY SNACKS

MORNING

Fresh fruit – Yogurt – Toasted cracker **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals **Gluten**
– Milk

FRIDAY

MORNING

Fresh fruit – whole meal cracker **Gluten**

AFTERNOON

Yogurt cake **Gluten**
– Fruit juice

NURSERY SNACKS

MORNING

Fresh fruit – Fruit Juice – Maria cookie **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals **Gluten**
– Milk



NURSERY

JANUARY 15 - 19

Complemented with full salad bar

*For allergen information, please contact a team member

MONDAY

SOUP

Cream of courgetti

MAIN

Grilled veal

SIDES

Pasta – Carrots

DESSERT

Fresh fruit

TUESDAY

SOUP

Vegetable soup

MAIN

Roasted salmon

SIDES

Rice

– Corn

DESSERT

Fresh fruit

WEDNESDAY

SOUP

Cream of carrot

MAIN

Oven roast chicken breast

SIDES

Potato pure – Broccoli

DESSERT

Fresh fruit

THURSDAY

SOUP

Pumpkin soup

MAIN

Steamed hake

SIDES

Sweet potato – Peas

DESSERT

Fresh fruit

FRIDAY

SOUP

Canja **Gluten**

MAIN

Fish / Sausages

SIDES

Spaguetti – Green beans

DESSERT

Fresh fruit



KINDERGARTEN

JANUARY 15 - 19

Complemented with full salad bar
*For allergen information, please contact a team member

MONDAY

SOUP
Cream of curgette

MAIN
Spaghetti carbonara **Gluten**

VEGETARIAN
Mush & tofu Risotto

SIDES
Pasta **Gluten** – Carrots

DESSERT
Fresh fruit

TUESDAY

SOUP
Vegetable soup

MAIN
Roasted salmon

VEGETARIAN
Aubergine Lasagna

SIDES
Roasted potatoes
– Corn

DESSERT
Fresh fruit

WEDNESDAY

SOUP
Carrot

MAIN
Cottage pie

VEGETARIAN
Vegan cottage's pie

SIDES
Carrot rice – Broccoli

DESSERT
Fresh fruit

THURSDAY

SOUP
Pumpkin soup

MAIN
Steamed hake

VEGETARIAN
Warm Mexican corn salad **Gluten**

SIDES
Sweet potatoe – Peas

DESSERT
Rice Pudding

FRIDAY

SOUP
Canja

MAIN
Katsu chicken **Gluten**

VEGETARIAN
Roasted mushroom & spinach tart **Gluten**

SIDES
Arroz – Green beans

DESSERT
Fresh fruit



Primary

JANUARY 15 - 19

Complemented with full salad bar

*For allergen information, please contact a team member

MONDAY

SOUP

Cream of curgette

MAIN

Spaghetti carbonara **Gluten**

VEGETARIAN

Mush & tofu Risotto

SIDES

Pasta **Gluten** – Carrots

DESSERT

Fresh fruit

TUESDAY

SOUP

Vegetable soup

MAIN

Meatballs w/ tomato sauce

VEGETARIAN

Aubergine Lasagna

SIDES

Pasta

– Corn

DESSERT

Fresh fruit

WEDNESDAY

SOUP

Carrot

MAIN

Cottage pie

VEGETARIAN

Vegan cottage's pie

SIDES

Carrot rice – Broccoli

DESSERT

Fresh fruit

THURSDAY

SOUP

Pumpkin soup

MAIN

Steamed hake with butter & herbs sauce

VEGETARIAN

Warm Mexican corn salad **Gluten**

SIDES

Sweet potatoe – Peas

DESSERT

Rice Pudding

FRIDAY

SOUP

Canja

MAIN

Katsu chicken **Gluten**

VEGETARIAN

Roasted mushroom & spinach tart **Gluten**

SIDES

Fries – Green beans

DESSERT

Fresh fruit



Cantine

JANUARY 15 - 19

Complemented with full salad bar
*For allergen information, please contact a team member

MONDAY

SOUP
Traditional red bean soup

MAIN
Spaghetti carbonara **Gluten**

GRILL
Chicken / Pork

VEGETARIAN
Vegetable spring roles w/ sweet chili sauce

SIDES
Pasta **Gluten** - Carrots

DESSERT
Fresh fruit

TUESDAY

SOUP
Vegetable soup

MAIN
Meatballs w/ tomato sauce

GRILL
Veal / Pork sausages / Salmon

VEGETARIAN
Vegetable lasagna

SIDES
Pasta - Corn

DESSERT
Panna cotta

WEDNESDAY

SOUP
Kale soup

MAIN
Cottage pie

GRILL
Turkey / Pork

VEGETARIAN
Vegan cottage's pie

SIDES
Mash potatoes - Broccoli

DESSERT
Fresh fruit

THURSDAY

SOUP
Pumpkin soup

MAIN
Steamed hake with butter & herbs sauce

GRILL
Chicken thighs / Pork / Seabass

VEGETARIAN
Warm egg salad

SIDES
Jasmine Rice - Steamed carrots

DESSERT
Rice pudding

FRIDAY

SOUP
Canja **Gluten**

MAIN
Katsu chicken

GRILL
Fish / Sausages

VEGETARIAN
Roasted mushroom & spinach tart **Gluten**

SIDES
Fries - Glazed carrots - Brussel sprouts

DESSERT
Fresh fruit



SNACKS

january 15- 19

*All our cakes are low in salt, fat & sugar!

MONDAY

MORNING

Fresh Fruit – Oatmeal cookies **Gluten**

AFTERNOON

Chocolate milk & madeleines **Gluten**

NURSERY SNACKS

MORNING

Fresh fruit – Banana smoothie – Maria cookie **Gluten**

AFTERNOON

Bread selection – Yogurt – Cereals **Gluten**
– Milk

TUESDAY

MORNING

Fresh fruit – Maria cookies **Gluten**

AFTERNOON

Fruit Yogurt – Bread selection **Gluten**

NURSERY SNACKS

MORNING

Fresh fruit – Yogurt – Toasted cracker **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals – Milk

WEDNESDAY

MORNING

Fresh fruit – Toasted cracker **Gluten**

AFTERNOON

Cereals **Gluten**
w/ milk – Banana

NURSERY SNACKS

MORNING

Fresh fruit – Yogurt – Oatmeal cookie **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals **Gluten**
– Milk

THURSDAY

MORNING

Fresh fruit – Rice cookies

AFTERNOON

White Bread **Gluten**
w/ cheese or Ham – Milk

NURSERY SNACKS

MORNING

Fresh fruit – Yogurt – Toasted cracker **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals **Gluten**
– Milk

FRIDAY

MORNING

Fresh fruit – whole meal cracker **Gluten**

AFTERNOON

Yogurt cake **Gluten**
– Fruit juice

NURSERY SNACKS

MORNING

Fresh fruit – Fruit Juice – Maria cookie **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals **Gluten**
– Milk



NURSERY

JANUARY 22 - 26

Complemented with full salad bar

*For allergen information, please contact a team member

mONDAY

SOUP
Carrot cream

MAIN
Stew veal

SIDES
Pasta – broccoli

DESSERT
Fresh fruit

TUESDAY

SOUP
Vegetable soup

MAIN
Roasted Seabass

SIDES
Sweet potato
– Corn

DESSERT
Fresh fruit

WEDNESDAY

SOUP
Canja **Gluten**

MAIN
Pulled duck

SIDES
Rice – Courgetti

DESSERT
Fresh fruit

THURSDAY

SOUP
Cream of broccoli

MAIN
Steamed salmon

SIDES
Pasta **Gluten**
– Garden peas

DESSERT
Fresh fruit

FRIDAY

SOUP
Pumpkin soup

MAIN
Grilled Turkey

SIDES
Rice – green beans

DESSERT
Fresh fruit



KINDERGARTEN

JANUARY 22 - 26

Complemented with full salad bar

*For allergen information, please contact a team member

mon day

SOUP
Carrot cream

MAIN
Stew veal

SIDES
Pasta – broccoli

VEGETARIAN

Sweet potato hash

DESSERT
Fresh fruit

TUESDAY

SOUP
Vegetable soup

MAIN
Roasted Seabass

VEGETARIAN
Spinach & Pumpkin Curry

SIDES
Sweet potato – Carrot

DESSERT
Fresh fruit

WEDNESDAY

SOUP
Canja

MAIN
Duck rice

VEGETARIAN
Cod a Bras

SIDES
Rice – Courgetti

DESSERT
Fresh fruit

THURSDAY

SOUP
Cream of broccoli

MAIN
Mediterranean Tuna Pasta **Gluten**

VEGETARIAN
Vegetarian burger

SIDES
Steamed potatoes – Green peas

DESSERT
Fresh fruit

FRIDAY

SOUP
Pumpkin soup

MAIN
Pizza day! **Gluten**

VEGETARIAN
Vegetable Pizza **Gluten**

SIDES
Garlic Cheese Bread **Gluten**
– Potato Salad

DESSERT
Brownie **Gluten**



Primary

JANUARY 22 - 26

Complemented with full salad bar

*For allergen information, please contact a team member

mon day

SOUP
Carrot cream

MAIN
Beef Bolognese

SIDES
Pasta – broccoli

VEGETARIAN
Sweet potato hash

DESSERT
Fresh fruit

TUESDAY

SOUP
Vegetable soup

MAIN
Veal Stew

VEGETARIAN
Spinach & Pumpkin Curry

SIDES
Sweet potato – Carrot

DESSERT
Fresh fruit

WEDNESDAY

SOUP
Canja

MAIN
Duck rice

VEGETARIAN
Cod a Bras

SIDES
Rice – Courgetti

DESSERT
Fresh fruit

THURSDAY

SOUP
Cream of broccoli

MAIN
Mediterranean Tuna Pasta **Gluten**

VEGETARIAN
Vegetarian burger

SIDES
Steamed potatoes – Green peas

DESSERT
Fresh fruit

FRIDAY

SOUP
Pumpkin soup

MAIN
Pizza day! **Gluten**

VEGETARIAN
Vegetable Pizza **Gluten**

SIDES
Garlic Cheese Bread **Gluten**
– Potato Salad

DESSERT
Brownie **Gluten**



Cantine

JANUARY 22 - 26

Complemented with full salad bar

*For allergen information, please contact a team member

mon day

SOUP

Carrot cream

MAIN

Beef Bolognese

GRILL

Chicken Breast / Pork

SIDES

Pasta – broccoli

VEGETARIAN

Sweet potato hash

DESSERT

Fresh fruit

TUESDAY

SOUP

Vegetable soup

MAIN

Veal Stew

GRILL

Pork & Turkey Sausages

VEGETARIAN

Vegetable curry

SIDES

Rice – Corn

DESSERT

Fruit Jelly

WEDNESDAY

SOUP

Canja

MAIN

Braised duck rice

GRILL

Turkey / Pork

VEGETARIAN

Leek a Bras

SIDES

Rice – Roasted root vegetables

DESSERT

Fresh fruit

THURSDAY

SOUP

Broccoli

MAIN

Mediterranean Tuna Pasta **Gluten**

GRILL

Chicken thighs / Pork / Seabass

VEGETARIAN

Vegetarian burger

SIDES

Pasta – Garden peas

DESSERT

Fresh Fruit

FRIDAY

SOUP

Tomato Soup

MAIN

Pizza day! **Gluten**

GRILL

Fish / Sausages

VEGETARIAN

Vegetable Pizza **Gluten**

SITES

Garlic Cheese Bread – Potato Salad

DESSERT

Dark Chocolate brownie **Gluten**



SNACKS

JANUARY 22 - 26

*All our cakes are low in salt, fat & sugar!

MONDAY

MORNING

Fresh Fruit – Oatmeal cookies **Gluten**

AFTERNOON

Chocolate milk & madeleines **Gluten**

NURSERY SNACKS

MORNING

Fresh fruit – Banana smoothie – Maria cookie **Gluten**

AFTERNOON

Bread selection – Yogurt – Cereals **Gluten**
– Milk

TUESDAY

MORNING

Fresh fruit – Maria cookies **Gluten**

AFTERNOON

Fruit Yogurt – Bread selection **Gluten**

NURSERY SNACKS

MORNING

Fresh fruit – Yogurt – Toasted cracker **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals – Milk

WEDNESDAY

MORNING

Fresh fruit – Toasted cracker **Gluten**

AFTERNOON

Cereals **Gluten**
w/ milk – Banana

NURSERY SNACKS

MORNING

Fresh fruit – Yogurt – Oatmeal cookie **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals **Gluten**
– Milk

THURSDAY

MORNING

Fresh fruit – Rice cookies

AFTERNOON

White Bread **Gluten**
w/ cheese or Ham – Milk

NURSERY SNACKS

MORNING

Fresh fruit – Yogurt – Toasted cracker **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals **Gluten**
– Milk

FRIDAY

MORNING

Fresh fruit – whole meal cracker **Gluten**

AFTERNOON

Yogurt cake **Gluten**
– Fruit juice

NURSERY SNACKS

MORNING

Fresh fruit – Fruit Juice – Maria cookie **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals **Gluten**
– Milk



NURSERY

JAN 22 – feb 02

Complemented with full salad bar

*For allergen information, please contact a team member

MONDAY

SOUP

Cream of Broccoli

MAIN

Veal Stew with Vegetables

SIDES

Rice - Broccoli

DESSERT

Fresh Fruit

TUESDAY

SOUP

Chicken noodle soup

Gluten

MAIN

Steamed maruca

SIDES

Boiled potatoes – Carrots

DESSERT

Fresh fruit

WEDNESDAY

SOUP

Cream of vegetables

MAIN

Roasted Turkey

SIDES

Rice

– Courgetti

DESSERT

Fresh fruit

THURSDAY

SOUP

Cream of broccoli

MAIN

Steamed salmon

SIDES

Sweet potato

– Garden peas

DESSERT

Fresh fruit

FRIDAY

SOUP

Cream of carrot

MAIN

Minced veal

SIDES

Spaghetti – Broccolis

DESSERT

Fresh fruit



KINDERGARTEN

JAN 22 – feb 02

Complemented with full salad bar
*For allergen information, please contact a team member

MONDAY

SOUP

Cream of Broccoli

MAIN

Veal Stew with Vegetables

VEGETARIAN

Quiche of Vegetables

SIDES

Rice - Broccoli

DESSERT

Fresh Fruit

TUESDAY

SOUP

Chicken noodle soup

Gluten

MAIN

Fish stew

VEGETARIAN

Mac n cheese

SIDES

Potatoes – Carrots

DESSERT

Fresh fruit

WEDNESDAY

SOUP

Vegetable soup

MAIN

Roasted Turkey

VEGETARIAN

Huevos rancheros

SIDES

Rice – Courgetti

DESSERT

Fresh fruit

THURSDAY

SOUP

Cream of broccoli

MAIN

Salmon Creamy Pasta

VEGETARIAN

Mushroom Alfredo Pasta **Gluten**

SIDES

Pasta – Green peas

DESSERT

Fresh fruit

FRIDAY

SOUP

Carrot soup

MAIN

Meatballs w/ tomato sauce

VEGETARIAN

Sweet potato hash

SIDES

Spaghetti – Broccoli

DESSERT

Fresh fruit



Primary

JAN 22 – feb 02

Complemented with full salad bar
*For allergen information, please contact a team member

MONDAY

SOUP

Cream of Broccoli

MAIN

Veal Stew with Vegetables

VEGETARIAN

Quiche of Vegetables

SIDES

Rice - Broccoli

DESSERT

Fresh Fruit

TUESDAY

SOUP

Chicken noodle soup

Gluten

MAIN

Chicken strofonoff

VEGETARIAN

Mac n cheese

SIDES

Rice – Carrots

DESSERT

Fresh fruit

WEDNESDAY

SOUP

Vegetable soup

MAIN

Roasted Turkey

VEGETARIAN

Huevos rancheros

SIDES

Roast potatoes – Courgetti

DESSERT

Fresh fruit

THURSDAY

SOUP

Cream of broccoli

MAIN

Salmon Creamy Pasta

VEGETARIAN

Mushroom Alfredo Pasta **Gluten**

SIDES

Pasta – Green peas

DESSERT

Fresh fruit

FRIDAY

SOUP

Carrot soup

MAIN

Beef Bolognese

VEGETARIAN

Sweet potato hash

SIDES

Spaghetti – Broccoli

DESSERT

Fresh fruit



Cantine

JAN 22 – feb 02

Complemented with full salad bar
*For allergen information, please contact a team member

MONDAY

SOUP

Cream of Broccoli

MAIN

Veal Stew with Vegetables

VEGETARIAN

Quiche of Vegetables

GRILL

Chicken / Pork

SIDES

Rice - Broccoli

DESSERT

Fresh Fruit

TUESDAY

SOUP

Chicken noodle soup

Gluten

MAIN

Chicken stroganoff

GRILL

Veal / Pork sausages / Salmon

VEGETARIAN

Leek Mac n cheese

Gluten

SIDES

Roast potatoes – Carrots

DESSERT

Brownie

WEDNESDAY

SOUP

Vegetable soup

MAIN

Turkey Break w/ mushroom sauce

GRILL

Turkey / Pork

VEGETARIAN

Huevos rancheros

SIDES

Rice

– Roasted root vegetables

DESSERT

Fresh fruit

THURSDAY

SOUP

Broccoli

MAIN

Codfish a bras

GRILL

Chicken thighs / Pork / Seabass

VEGETARIAN

Mushroom alfredo pasta **Gluten**

SIDES

Roasted potatoes – Garden peas

DESSERT

Fresh Fruit

FRIDAY

SOUP

Cream of carrot

MAIN

Beef Bolognese

GRILL

Chicken / Pork

VEGETARIAN

Sweet potato hash

SIDES

Pasta – Corn

DESSERT

Fresh Fruit



SNACKS

JAN 22 – feb 02

*All our cakes are low in salt, fat & sugar!

MONDAY

MORNING

Fresh Fruit – Oatmeal cookies **Gluten**

AFTERNOON

Chocolate milk & madeleines **Gluten**

NURSERY SNACKS

MORNING

Fresh fruit – Banana smoothie – Maria cookie **Gluten**

AFTERNOON

Bread selection – Yogurt – Cereals **Gluten**
– Milk

TUESDAY

MORNING

Fresh fruit – Maria cookies **Gluten**

AFTERNOON

Fruit Yogurt – Bread selection **Gluten**

NURSERY SNACKS

MORNING

Fresh fruit – Yogurt – Toasted cracker **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals – Milk

WEDNESDAY

MORNING

Fresh fruit – Toasted cracker **Gluten**

AFTERNOON

Cereals **Gluten**
w/ milk – Banana

NURSERY SNACKS

MORNING

Fresh fruit – Yogurt – Oatmeal cookie **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals **Gluten**
– Milk

THURSDAY

MORNING

Fresh fruit – Rice cookies

AFTERNOON

White Bread **Gluten**
w/ cheese or Ham – Milk

NURSERY SNACKS

MORNING

Fresh fruit – Yogurt – Toasted cracker **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals **Gluten**
– Milk

FRIDAY

MORNING

Fresh fruit – whole meal cracker **Gluten**

AFTERNOON

Yogurt cake **Gluten**
– Fruit juice

NURSERY SNACKS

MORNING

Fresh fruit – Fruit Juice – Maria cookie **Gluten**

AFTERNOON

Bread selection **Gluten**
– Yogurt – Cereals **Gluten**
– Milk