

### Menu de la semaine 1 26 au 30 juin 2017

|             | Monday                                     | Tuesday                             | Wensenday                         | Thursday                  | Friday                           |
|-------------|--|-------------------------------------|-----------------------------------|---------------------------|----------------------------------|
| Entree      | Veggies and Dip                            | Green salad                         | Cheese and crackers               | Grilled veggie<br>salad   | Ceasar Salad                     |
| Main course | Garden fusilli,<br>rosée sauce and<br>feta | Veal kefta<br>With yogourt<br>sauce | Lemon chicken and olives          | Turkey chili              | Macaroni and cheese and zucchini |
| Sides       | Grilled zucchini                           | Couscous an vegetables of the day   | Greek potatoes<br>and chefs salad | Pita chips and pilaf rice | Vegetables of the day            |
| Desserts    | Dessert of the day                         | Dessert of the day                  | Dessert of the day                | Dessert of the day        | Dessert of the day               |
| Beverages   | Milk or Juice                              | Milk or Juice                       | Milk or Juice                     | Milk or Juice             | Milk or Juice                    |

## Menu de la semaine 2 3 au 7 juillet 2017

|             | Monday                 | Tuesday                             | Wensenday                                    | Thursday              | Friday                    |
|-------------|------------------------|-------------------------------------|--|-----------------------|---------------------------|
| Entree      | Green salad            | Veggies and dip                     | Grapes and cheese                            | Ceasar salad          | Quinoa salad              |
| Main course | Chicken<br>quesedillas | Cheese tortellini<br>in rosee sauce | Classic meatloaf                             | Bolognaise<br>lasagna | Cheddar and brocoli bites |
| Sides       | Black bean rice        | Green beans                         | Mashed potatoes<br>at carrots with<br>butter | Steamed<br>brocoli    | Roasted potatoes          |
| Desserts    | Dessert of the day     | Dessert of the day                  | Dessert of the day                           | Dessert of the day    | Dessert of the day        |
| Beverages   | Milk or juice          | Milk or juice                       | Milk or juice                                | Milk or juice         | Milk or juice             |



### Menu de la semaine 3 10 au 13 juillet 2017

|             | Monday               | Tuesday                             | Wensenday                   | Thursday           | Friday             |
|-------------|----------------------|-------------------------------------|-----------------------------|--------------------|--------------------|
| Entree      | Greek salad          | Cheese and crackers                 | Pita bread and yogurt sauce | Veggies and<br>dip | Green salad        |
| Main course | Croque-<br>Monsieurs | Meatballs with sweet and sour sauce | Butter chicken              | Pizza              | Fish nuggets       |
| Sides       | Veggie rice          | On rice noodles with carrots        | Rice and cauliflower        | Ceasar salad       | Vegetable couscous |
| Desserts    | Dessert of the day   | Dessert of the day                  | Dessert of the day          | Dessert of the day | Dessert of the day |
| Beverages   | Milk or juice        | Milk or juice                       | Milk or juice               | Milk or juice      | Milk or juice      |

## Menu de la semaine 4 17 au 20 juillet 2017

|             | Monday                    | Tuesday                                     | Wensenday          | Thursday           | Friday                   |
|-------------|---------------------------|---|--------------------|--------------------|--------------------------|
| Entree      | Chips and dip             | Chips and hummus                            | Green salad        | Cheese and grapes  | Green salad              |
| Main course | Spagetti and<br>meatballs | Galette of sweet<br>potato and<br>chickpeas | Sheperds pie       | Beef tacos         | Crispy chicken<br>burger |
| Sides       | Pesto pasta               | Mint rice with peas                         | Green beans        | Tomato rice        | Greek potatoes           |
| Desserts    | Dessert of the day        | Dessert of the day                          | Dessert of the day | Dessert of the day | Dessert of the day       |
| Beverages   | Milk or juice             | Milk or juice                               | Milk or juice      | Milk or juice      | Milk or juice            |



# Menu de la semaine 7

#### 7 au 11 août 2017

|             | Monday                                     | Tuesday                             | Wensenday                         | Thursday                  | Friday                           |
|-------------|--|-------------------------------------|-----------------------------------|---------------------------|----------------------------------|
| Entree      | Veggies and Dip                            | Green salad                         | Cheese and crackers               | Grilled veggie<br>salad   | Ceasar Salad                     |
| Main course | Garden fusilli,<br>rosée sauce and<br>feta | Veal kefta<br>With yogourt<br>sauce | Lemon chicken<br>and olives       | Turkey chili              | Macaroni and cheese and zucchini |
| Sides       | Grilled zucchini                           | Couscous an vegetables of the day   | Greek potatoes<br>and chefs salad | Pita chips and pilaf rice | Vegetables of the day            |
| Desserts    | Dessert of the day                         | Dessert of the day                  | Dessert of the day                | Dessert of the day        | Dessert of the day               |
| Beverages   | Milk or Juice                              | Milk or Juice                       | Milk or Juice                     | Milk or Juice             | Milk or Juice                    |

# Menu de la semaine 8

#### 14 au 18 août 2017

|             | Monday                 | Tuesday                             | Wensenday                                    | Thursday              | Friday                    |
|-------------|------------------------|-------------------------------------|--|-----------------------|---------------------------|
| Entree      | Green salad            | Veggies and dip                     | Grapes and cheese                            | Ceasar salad          | Quinoa salad              |
| Main course | Chicken<br>quesedillas | Cheese tortellini<br>in rosee sauce | Classic meatloaf                             | Bolognaise<br>lasagna | Cheddar and brocoli bites |
| Sides       | Black bean rice        | Green beans                         | Mashed potatoes<br>at carrots with<br>butter | Steamed<br>brocoli    | Roasted potatoes          |
| Desserts    | Dessert of the day     | Dessert of the day                  | Dessert of the day                           | Dessert of the day    | Dessert of the day        |
| Beverages   | Milk or juice          | Milk or juice                       | Milk or juice                                | Milk or juice         | Milk or juice             |