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| **November** **1**  | Image result for healthy food clipart | **Image result for healthy food clipart** |  Image result for healthy food clipart | **Image result for healthy food clipart** | Vegetable soupChicken salad and cream cheese roll up sandwichesFresh fruit |
| **November****5 to 9** | Celery soupScrambled eggs with cheddar cheeseRoasted potatoesFresh fruit | Carrot soup Mustard apricot fish filletsCouscousFresh fruit | Creamy tomato basil soupBaked French toastCornFresh fruit | Vegetables and dipSpaghetti with meatballsGarlic breadFresh fruit | Lentil soupTurkey and cheese sandwichesCornFresh fruit |
| **November** **12 to 16** | Chicken noodle soupTortellini with rosé sauceBroccoliFresh fruit | Minestrone soupMeatloafGarlic mashed potatoesCornFresh fruit | Broccoli and cheddar soupGrilled cheese sandwichesMixed vegetablesFresh fruit | Vegetable soupPineapple chickenwith noodlesCarrotsFresh fruit | Tomato and rice soupCheese and broccoli omelet Roast potatoesFresh fruit |
| **November****19 to 23** | Potato and leek soupVegetarian pizza with mozzarella cheeseFresh fruit | Cauliflower soupPancakes with apple sauceVegetarian sausageFresh fruit | Garden saladChicken breast with honey glazeRice pilafPeasFresh fruit | Broccoli soupHomemade Vegetarian burgersMixed vegetablesFresh fruit | Celery soup Egg salad sandwiches on brown breadCornFresh fruit |
| **November****25 to 29** | Sweet potato, carrot and apple soupSteak and cheese subsBroccoliFresh fruit | Vegetable soupTuna loafRice pilafMixed vegetablesFresh fruit | Caesar saladVegetarian lasagnaSoft rollsFresh fruit | Spinach soupCrispy baked fishCouscousPeas and carrotsFresh fruit | Chicken noodle soupSloppy JoesButterscotch pudding |
| **A fresh fruit desert is served after each lunch.** **Milk and water are served at lunch and during morning and afternoon snack.** |

**Menu : November 2019 novembre**