

Menu: January 2021 janvier



Week of: Semaine de:	Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi
January janvier 4-8	Vegetable rice soup Penne with tomato sauce Cooked carrots Fresh fruit	Tomato salad Beef stroganoff Peas Fresh Fruit	Vegetable soup Cheese and spinach omelets Corn Fresh fruit	Carrot soup Chicken broccoli divan Rice pilaf Fresh fruit	Pea soup Crispy crumbly baked fish Couscous Vegetables Fresh fruit
January janvier 11-15	Sweet potato soup Margarita pizza Corn Fresh fruit	Broccoli and cauliflower soup Shepherd's pie Whole wheat bread with butter Fresh fruit	Split pea soup Gigi's Butter chicken and Whole wheat pita bread Fresh fruit	Garden salad Pasta with sauteed vegetables Fresh fruit	Cauliflower soup Vegetarian baked omelets Steamed vegetables Fresh fruit
January janvier 18-22	Asparagus soup Cheese tortellini in a rose sauce Mixed vegetables Fresh fruit	Pea soup Lentil burritos Rice pilaf Carrots Fresh fruit	Egg rolls Sweet and sour chicken Chinese noodles Fresh fruit	Garden salad Spinach lasagna Peas Fresh fruit	Vegetable and barley soup Chicken pot pie Corn Fresh fruit
January janvier 25-29	Tomato and cucumber salad Homemade macaroni and cheese casserole Fresh fruit	Broccoli and cauliflower soup Chicken and rice Fresh fruit	Garden salad Homemade vegetarian chili Whole wheat Pita bread Fresh fruit	Pea soup Vegetable patties Rice pilaf Tzatziki with Whole wheat pita bread Fresh fruit	Chicken noodle soup Spinach and ricotta quiche Yellow beans Fresh Fruit

Milk and water are served at lunch as well as during morning and afternoon snack.