




MENU : March 2021 mars



Week of: Semaine de:	Monday lundi	Tuesday mardi	Wednesday mèrcredi	Thursday jeudi	Friday vèndredi
March mars 1-5	Vegetable and rice soup Homemade macaroni and cheese Carrots Fresh Fruit	Minestrone soup Margherita pizza Green and yellow beans Fresh Fruit	Sweet potato soup Pancakes with apple sauce Corn Fresh fruit	Carrot soup Vegetable patties Tzatziki with pita bread	Beef and barley soup Tuna loaf Couscous Mixed vegetables Fresh Fruit
March mars 8-12	Broccoli soup Vegetarian lasagna Baby corn Fresh Fruit	Squash soup Sweet and sour turkey loaf Mashed potatoes Carrots Fresh Fruit	Baby spinach salad Beef stroganoff Rice pilaf Mixed vegetables Fresh Fruit	Garden zucchini soup Crispy crumbly baked fish Couscous Fresh Fruit	Cream of asparagus soup Homemade hamburgers Roasted potatoes Fresh fruit
March mars 15-19	Tomato soup Mushroom & cauliflower penne Carrots Fresh Fruit	Broccolini soup Steak & Cheese subs Peas Fresh Fruit	Celery soup Chickpea curry with potatoes Broccoli Fresh Fruit	 IRISH BREAKFAST Chicken and rice Carrots Fresh Fruit	Garden salad Spaghetti with a vegetable-tomato sauce Fresh Fruit
March mars 22-26	Beef and barley soup Baked filet of Basa Mixed vegetables Fresh Fruit	Vegetable soup Spaghetti and meat sauce Bread Roll Fresh Fruit	Broccolini cheddar soup Chicken pot pie Corn Fresh Fruit	Potato leek soup Grilled cheese sandwiches Peas and carrots Fresh Fruit	Sweet potato soup Vegetarian shepherd's pie Mixed vegetables Fresh Fruit
March Mars 29-31	Corn chowder Baked pasta with mozzarella cheese Spring greens Fresh Fruit	Winter squash soup Chicken divan Couscous Fresh Fruit	Hearty quinoa soup Sliced turkey and cheese sandwiches Fresh Fruit		

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

