

Menu de la cantine



Week 1

Monday: chicken pasta in Alfredo sauce, salad, fruit salad

Tuesday: cream pork chops, sweet peas, pudding

Wednesday: baked tilapia w/tartare sauce, rice, fruit salad

Thursday: beef stew, salad, cake

Friday: baked chicken, French fries, yogurt



Week 2

Monday: spaghetti w/Bolognese, salad, yogurt

Tuesday: grilled ham and cheese, pasta salad, fruit salad

Wednesday: turkey and cheese wrap, chips, cookies

Thursday: crispy chicken tenders, broccoli, banana

Friday: burger, salad, fruit salad

Week 3

Monday: ground steak, green beans, pound cake

Tuesday: spaghetti and meatballs, garlic bread, fruit salad

Wednesday: bacon lettuce and tomato sandwich, pasta salad, ice cream

Thursday: turkey meatloaf, French fries, banana

Friday: lasagna, salad, cookies

Week 4

Monday: fish nuggets /Gratin Dauphinois/
orange

Tuesday: stuffed tomatoes/ rice/ fruit yogurt

Wednesday: Chicken breast w/cream and mushrooms sauce/ sweet
peas/ watermelon

Thursday: Ravioli w/ tomato sauce/ salad/ apple pie

Friday: Grilled chicken tenders/ pesto spaghetti/ cheesecake or waffle

Week 5

Monday: roast beef/ mashed potatoes/ orange

Tuesday: mild chili con carne/ rice/ fruit salad

Wednesday: pork stew/ couscous/ cookies

Thursday: hot dogs/ pasta salad/ yogurt

Friday: Pizza/ salad/ pound cake



Week 6

Monday: Quiche/ salad/ chocolate cake

Tuesday: Roasted chicken/ green beans/ banana

Wednesday: scrambled eggs/ bacon/ pancakes

Thursday: baked ziti/ salad/ pudding

Friday: ground steak/ French fries/ fruit salad