

# Menu de la cantine



## Week 1

Monday: Chicken pasta in Alfredo sauce/ salad/ fruit salad

Tuesday: Cream and mushrooms pork chops/ sweet peas/ pudding

Wednesday: Salmon hollandaise sauce/ rice/ fruit salad

Thursday: Beef stew/ salad/ cake

Friday: Baked chicken/ French fries/ yogurt



## Week 2

Monday: Spaghetti w/Bolognese/ salad/ yogurt

Tuesday: Croque-Monsieur/ pasta salad/ fruit salad

Wednesday: Turkey and cheese wrap/ chips/ cookies

Thursday: Crispy chicken tenders/ broccoli/ banana

Friday: Burger/ 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: Hachis Parmentier/ 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/ semoule/ cookies

Thursday: Hot dogs/ pasta salad/ yogurt

Friday: Pizza/ salad/ pound cake



## Week 6

Monday: Quiche lorraine/ salad/ brownie

Tuesday: Roasted chicken/ green beans/ banana

Wednesday: Scrambled eggs/ bacon/ pancakes

Thursday: Baked ziti/ salad/ pudding

Friday: Ground steak/ French fries/ fruit salad