

Menu de la cantine



Week 1

Monday: Cheesy chicken tortellini/ salad/ cake

Tuesday: Ham and cheese quiche/ broccoli/ yogurt

Wednesday: Roast beef and gravy/ mashed potatoes/ fruit

Thursday: Chicken tenders/salad/ pie

Friday: Grilled steak/ French fries/ fruit yogurt



Week 2

Monday: Fried fish/Gratin Dauphinois/ orange

Tuesday: Croque-Monsieur/ potatoe salad/ fruit salad

Wednesday: Chicken parmesan/ sweet peas/ pudding

Thursday: Hot dogs/ French fries/ cookies

Friday: Braised beef tips/ noodles/ banana

Week 3

Monday: Spaghetti Bolognese/salad/yogurt

Tuesday: Chicken nuggets/broccoli/apple pie

Wednesday: Bacon lettuce and tomato sandwich/pasta salad/ice cream

Thursday: Honey mustard chicken/roasted potatoes/banana

Friday: pizza/salad/pudding

Week 4

Monday: Tortellini meatballs/Broccoli/yogurt

Tuesday: Salmon Hollandaise sauce/rice/cake

Wednesday: Roasted turkey/mashed potatoes/fruit salad

Thursday: Chicken breast w/cream and mushrooms sauce/ green beans/cheesecake

Friday: Baked chicken quarters/mashed potatoes/fruit

Week 5

Monday: Cheeseburgers/French fries/fruit

Tuesday: Beef meatloaf/mashed potatoes/apple pie

Wednesday: Roasted chicken/green beans and potatoes/cake

Thursday: Grilled chicken tenders/pesto spaghetti/waffle

Friday: Beef stew/rice/fruit salad



Week 6

Monday: Baked ziti/garlic bread/ fruit salad

Tuesday: Ground steak w/ gravy/ roasted potatoes / cheesecake

Wednesday: Scrambled eggs/ sausage/bacon/ pancakes

Thursday: Lasagna/ salad/ cookies

Friday: Baked chicken quarters/ French fries/ fruit salad