

Menu de la cantine



Week 1

Monday: pasta with meatballs/ broccoli/ pudding
Tuesday: barbequed chicken/ mashed potatoes/ fruit
Wednesday: grilled steak/ fries/ fruit yogurt
Thursday: chicken tenders/ pasta with tomato sauce/ fruit salad
Friday: bacon & cheese quiche/ green beans/ cake

Week 2

Monday: chicken parmesan/ pasta/ pudding
Tuesday: hot dogs/ chips/ fruit salad
Wednesday: BLT/ potato salad/ ice cream
Thursday: ground steak and gravy/ roasted potatoes/ applesauce
Friday: baked chicken quarters/ fries/ fruit



Week 3

Monday- ham and cheese wrap/ chips/ fruit
Tuesday- ravioli/ brownies
Wednesday- Salmon with hollandaise sauce/ rice/ yogurt
Thursday- roasted chicken quarter/ mashed potatoes/ banana
Friday- braised beef tips/noodles/ cake

Week 4

Monday: cheeseburgers/ pasta salad/ fruit
Tuesday: lasagna/ salad/ cookies
Wednesday: pork loin/ potatoes and green beans/ cheesecake
Thursday: herb baked chicken tenders/ pesto pasta/ fruit
Friday: pizza/ salad/ brownies

Week 5

Monday: roast beef and cooking juice/ roasted potatoes/ pie
Tuesday: beef meatloaf/ tomato rice/fruit salad
Wednesday: pulled pork sandwich/ baked beans/ pudding
Thursday: spaghetti with meat sauce/ garlic bread/ fruit
Friday: sausages/ chips/ cheesecake



Week 6

Monday: baked ziti/ salad/ yogurt
Tuesday: beef tacos/ rice/ funnel cake
Wednesday: rotisserie style chicken/ mashed potatoes/ ice cream
Thursday: chicken nuggets/ macaroni and cheese/ fruit salad
Friday: roasted turkey/ tater tots/ fruit