

STARTING ON OCTOBER 14TH 2025

MENU ~ AUTUMN/WINTER 2025-2026					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<i>Snack: Fruits</i> Tagine with tofu Crudites, Whole wheat couscous Yogurt, milk <i>Snack: Apple-cheddar cookies, milk</i>	<i>Snack: Fruits</i> Vegetable quiche Coleslaw Homemade citrus sorbet, Milk <i>Snack: Rice cake and fruit compote</i>	<i>Snack: Fruits</i> Beef Shepherd pie Beet salad Fresh fruits, milk <i>Snack: Date squares, milk</i>	<i>Snack: Fruits</i> Chicken Vol-au-Vent in whole wheat bread blossom, seasonal vegetables Fruit compote, milk <i>Snack: Social tea cookies and soya butter</i>	<i>Snack: Fruits</i> Fish bisque Cornbread Fruit salad, milk <i>Snack: Fruit compote and Graham crackers</i>
2	<i>Snack: Fruits</i> Vegetables soup or "velouté" with beans Focaccia Fruits, milk <i>Snack: Cheese and apple wedges</i>	<i>Snack: Fruits</i> Spanish Frittata Chef's salad Yogurt, milk <i>Snack: Homemade cookies, milk</i>	<i>Snack: Fruits</i> Swedish meatballs (poultry) Mashed potatoes, green peas Fruit compote, milk <i>Snack: Veggie pâté and cracker</i>	<i>Snack: Fruits</i> Rice and tuna casserole Carrots Homemade ice cream bars, milk <i>Snack: Zucchini Muffins</i>	<i>Snack: Fruits</i> Vegetarian pizza (cheese and veggies) Oven-roasted baby potatoes Strawberry mousse, milk <i>Snack: Soy butter spread with fruits</i>
3	<i>Snack: Fruits</i> Chicken and white beans cassoulet Vegetables, English muffins Yogurt, milk <i>Snack: Apple bars, milk</i>	<i>Snack: Fruits</i> Crécy soup (carrot) Served with grilled cheese bites Fresh fruits, milk <i>Snack: Banana bread</i>	<i>Snack: Fruits</i> Fish cake, rice Roasted brussels sprouts Fresh fruit, milk <i>Snack: Rice cracker, homemade jam, milk</i>	<i>Snack: Fruits</i> Beef tacos and toppings corn salad, shredded cheese Fruit salad, milk <i>Snack: Homemade giant oatmeal cookies, milk</i>	<i>Snack: Fruits</i> Macaroni with vegetables Cucumbers Ice cream, milk <i>Snack: Raisin bread</i>
4	<i>Snack: Fruits</i> Salmon rotinis Seasonal vegetables Fruit salad, milk <i>Snack: Homemade cookies, milk</i>	<i>Snack: Fruits</i> Corn and white bean chowder Cheese and herb bread Yogurt, milk <i>Snack: Pita and dip</i>	<i>Snack: Fruits</i> Chicken cacciatore with fusillis Green peas Fresh fruit, milk <i>Snack: Homemade fruit bar, milk</i>	<i>Snack: Fruits</i> Beef stew Mashed potatoes Fruit compote, milk <i>Snack: Bagel and cream cheese with fruits</i>	<i>Snack: Fruits</i> Minestrone soup Hot vegetables crunchy english muffins Apple crisp, milk <i>Snack: Apple cinnamon cake</i>
5	<i>Snack: Fruits</i> Beef and barley soup Naan bread Crispy berry squares, milk <i>Snack: Fruit smoothie</i>	<i>Snack: Fruits</i> Chicken fried rice Spinach salad Fruit compote, milk <i>Snack: Crudités and dip</i>	<i>Snack: Fruits</i> Fish lasagna Carrot salad Yogurt, milk <i>Snack: Homemade muffins</i>	<i>Snack: Fruits</i> "Tofu-fraîcheur" sandwiches Caesar salad Pineapple yogurt dessert, milk <i>Snack: Homemade cookies, milk</i>	<i>Snack: Fruits</i> Beef chili, rice Shredded cheese, roasted tortillas Fresh fruits, milk <i>Snack: Homemade fruit bread, milk</i>