

## STARTING ON OCTOBER 14TH 2025

### MENU ~ AUTUMN/WINTER 2025-2026

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