



MENU

WEEK 1

June 4 – 8, July 2 – 6, July 30 – August 3, August 27 – 31, September 24 – 28, October 22 – 26

1	Monday		Tuesday		Wednesday		Thursday		Friday	
Morning snack	Fresh seasonal fruit	Milk 3.25%	Fresh seasonal fruit	Milk 3.25%	Fresh seasonal fruit	Milk 3.25%	Fresh seasonal fruit	Milk 3.25%	Fresh seasonal fruit	Milk 3.25%
Vegetables	Cruditiés		Cruditiés		Cruditiés		Cruditiés		Carrot salad	
Main course	Couscous salad with vegetables and chicks peas		Greek chicken quinoa with broccoli and carrots		Beef hamburger (cheese, tomato and lettuce)		Garlic haddock with rice and multicolor peppers		Tofu sandwich with cheese sticks	
Vegetarian main course	Couscous salad with vegetables and chicks peas		Greek tofu quinoa with broccoli and carrots		Tofu hamburger (cheese, tomato and lettuce)		Garlic haddock with rice and multicolor peppers		Tofu sandwich with cheese sticks	
Afternoon snack	Apple and soya butter	Milk 3.25%	Crackers and cream cheese	Berry smoothies	Apple and cinnamon Granola bar	Milk 3.25%	strawberry yogurt with puffed cereal	Milk 3.25%	Rice cake	Homemade lemonade popsicles

Please note that the menu is adjusted for nursery to allow for learning about texture and consistency.