

MENU FEBRUARY 2024

			THURSDAY 1	FRIDAY 2
1°			PASTA WITH SALMON AND SHRIMP SPINACH SALAD	CREAM OF PUMPKIN AND SWEET POTATO SOUP MIXED SALAD
2°			POTATO OMELETTE WITH MIXED SALAD	MEATBALLS WITH SAUCE AND FRENCH FRIES
P			FRUIT	YOGHURT

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
1°	LENTILS WITH VEGETABLES SPINACH SALAD	MACARONI WITH MEAT AND TOMATO SAUCE FULL MIXED SALAD	CHICKPEA AND SPINACH STEW PASTA SALAD	CHICKEN AND VEGETABLE STEW CHICKPEA SALAD	CREAM OF COURGETTE AND BROCCOLI FULL MIXED SALAD
2°	LEAN PORK WITH TOMATO SAUCE AND RICE	GRILLED KINGKLIP WITH BABY POTATOES	OVEN-ROASTED CHICKEN WITH MIXED SALAD	BEEF STROGANOFF WITH RICE	CHICKEN BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
1°	MINISTRONE SOUP MIXED SALAD	BEEF STEW FULL MIXED SALAD	CHICKEN AND VEGETABLE STEW MIXED SALAD	MACARONI WITH TUNA CAPRESE SALAD	CHICKPEA STEW POTATO SALAD
2°	PORK LOIN IN SAUCE WITH OVEN-ROASTED POTATOES	FRESH FRIED ANCHOVIES WITH MIXED SALAD	CHICKEN CURRY WITH RICE	OVEN-ROASTED HAKE WITH MIXED SALAD	BREADED CHICKEN BREAST WITH BABY POTATOES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
1°	CHICKEN, VEGETABLE AND NOODLE SOUP MIXED SALAD	PASTA WITH MEAT AND TOMATO SAUCE FULL MIXED SALAD	RICE WITH TOMATO SAUCE MIXED SALAD	LENTIL STEW CHICKPEA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	TURKEY WITH THYME SAUCE AND RICE	KINGKLIP BITES WITH TOMATO SALAD	GRILLED BANANA WITH SAUSAGES	OVEN-ROASTED CHICKEN THIGHS WITH MIXED SALAD	PIZZA
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

MENU FEBRUARY 2024

(VEGETARIAN)

			THURSDAY 1	FRIDAY 2
1°			PASTA WITH SAUTEED MUSHROOMS SPINACH SALAD	CREAM OF PUMPKIN AND SWEET POTATO SOUP MIXED SALAD
2°			POTATO OMELETTE WITH MIXED SALAD	VEGETABLE BALLS WITH SAUCE AND FRENCH FRIES
P			FRUIT	YOGHURT

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
1°	LENTILS WITH VEGETABLES SPINACH SALAD	MACARONI WITH SOY AND TOMATO SAUCE FULL MIXED SALAD	CHICKPEA AND SPINACH STEW PASTA SALAD	VEGETABLE SOUP CHICKPEA SALAD	CREAM OF COURGETTE AND BROCCOLI FULL MIXED SALAD
2°	MINI EGGPLANT PIZZAS WITH RICE	VEGETABLE PASTIES WITH BABY POTATOES	SCRAMBLED EGGS WITH VEGETABLES AND MIXED SALAD	STUFFED SWEET POTATOES WITH RICE	HEURA BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
1°	MINISTRONE SOUP MIXED SALAD	VEGETABLE STEW FULL MIXED SALAD	VEGETABLE STEW MIXED SALAD	MACARONI WITH LENTIL BOLOGNESE SAUCE CAPRESE SALAD	CHICKPEA STEW POTATO SALAD
2°	COURGETTES STUFFED WITH TEXTURED SOY WITH OVEN-ROASTED POTATOES	STUFFED EGGS WITH MIXED SALAD	TOFU AND VEGETABLE CURRY WITH RICE	HOMEMADE VEGETABLE BURGER WITH MIXED SALAD	VEGETABLE BITES WITH BABY POTATOES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
1°	VEGETABLE AND NOODLE SOUP MIXED SALAD	PASTA WITH TEXTURED SOY AND TOMATO SAUCE FULL MIXED SALAD	RICE WITH TOMATO SAUCE MIXED SALAD	LENTIL STEW CHICKPEA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	TOFU WOK WITH VEGETABLES AND RICE	VEGETABLE MEDALLIONS WITH TOMATO SALAD	GRILLED BANANA WITH VEGETARIAN SAUSAGES	STUFFED PEPPERS WITH MIXED SALAD	PIZZA
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT