

Lundi

6 salade de carotte et raisin sec
nugget de poulet
frites
riz cantonnais
salade de fruits

13 Salade de tomate et maïs doux
boulettes de boeuf sauce rosée
riz au safran
fruits

20 salade de choux
nugget de poulet
frites
riz sauté aux légumes
fruits

27 salade César
emincés de boeuf aux carottes
riz et quinoa
Yaourt

Mardi

7 wrap poulet
pomme au four
chawarma viande
frites
brownie

14 poulet cordon bleu
riz au curry et légumes
fusilli sauce alfredo
frites
cookies

21 steak haché
frites
pomme et petit pois grillés
yaourt

28 salade verte tomate et concombre
poulet sauce bbq
pomme au four
haricot vert et carotte
salade de fruits

Mercredi

1 pizza poulet
pizza fromage
pizza peperonie
frites
fruits

8 pizza poulet
pizza fromage
pizza peperonie
frites
fruits

15 pizza poulet
pizza fromage
pizza peperonie
frites
yaourt

22 pizza poulet
pizza fromage
pizza peperonie
frites
brownie

29 salade de carotte au raisin
pizza peperonie
pizza poulet
pizza végétarienne
frites
cookies

Jeudi

2 salade de carotte
penne sauce rosée
poulet rôti
pomme au four
crêpes au sirop d'érable

9 salade grec
lasagne au boeuf
mac and cheese
crêpes au sirop d'érable

16 spaghetti sauce viande
penne sauce aux légumes
crêpes au sirop d'érable

23 salade César
penné poulet sauce alfredo
pain à l'ail
fusilli sauce rosé au poulet
crêpes et pastèque

30 Salade César
lasagne à la bolognaise
pain à l'ail
macaroni au fromage gratiné
brownies

Vendredi

3 Burger viande
burger poulet
frites
Poisson et petit pois grillés
brownie

10 burger viande
burger poulet
frites
Poisson et petit pois grillés
cookies

17 burger viande
burger poulet
frites
Poisson et petit pois grillés
brownie

24 burger viande
burger poulet
frites
Poisson et petit pois grillés
Cookies

Monday

6 Carrot and raisin salad
chicken nugget
French fries
Cantonese rice
fruits salads

13 Tomato and sweetcorn salad
beef meatballs in rosée sauce
saffron rice
fruit

20 coleslaw
chicken nugget
French fries
sautéed rice with vegetables
fruits

27 Caesar salad
sliced beef with carrots
rice and quinoa
Yogurt

Tuesday

7 chicken wrap
baked apple
chawarma meat
French fries
brownie

14 bleu cord chicken
curry rice with vegetables
fusilli with alfredo sauce
French fries
cookies

21 chopped steak
French fries
grilled apple and peas
yogurt

28 Green salad with tomato and cucumber
chicken with bbq sauce
baked apple
green bean and carrot
fruit salade

Wednesday

1 Chicken pizza
cheese pizza
pizza peperonie
French fries
fruits

8 chicken pizza
cheese pizza
pizza peperonie
French fries
fruit

15 chicken pizza
cheese pizza
pizza peperoni
French fries
yaourt

22 chicken pizza
cheese pizza
pizza peperonie
French fries
brownie

29 Carrot and grape salad
pizza peperonie
chicken pizza
vegetarian pizza
French fries
cookie

Thursday

2 Carrot salad
penne with rosée sauce
roast chicken
baked apple
pancakes with maple syrup

9 Greek salad
beef lasagne
mac and cheese
pancakes with maple syrup

16 spaghetti with meat sauce
penne with vegetable sauce
pancakes with maple syrup

23 Caesar salad
penné chicken alfredo sauce
garlic bread
fusilli with chicken rosé sauce
pancakes and watermelon

30 Caesar salad
lasagne bolognese
garlic bread
macaroni and cheese au gratin
Brownies

Friday

3 Meat burger
chicken burger
French fries
Fish and peas
grilled
brownie

10 Meat burgers
chicken burger
French fries
Fish and peas
grilled
cookie

17 meat burger
chicken burger
French fries
Fish and peas
grilled
brownie

24 meat burger
chicken burger
French fries
Fish and peas
grilled
cookies