



	Lundi	Mardi	Mercredi	Jeudi	Vendredi
week 1	Baked fish filet with rice and vegetables	Fusilli with rose meat sauce and vegetables	Beef with lentils and vegetables	Shepard's pie with beef	Vegetable soup and egg sandwiches
	Homemade cake	Crackers and cheese	Pudding	Applesauce	Fruit salad
week 2	Chicken and vegetable couscous	Lasagna with meat sauce and broccoli	Split pea soup and tuna sandwiches	Baked fish filet with rice and broccoli	Chicken soup with baked potatoes and celery
	Yogurt	Raw veggies	Homemade cake	Applesauce and tea cookies	Yogurt
week 3	Shepard's pie and green salad	Egg sandwiches and salad	Macaroni and cheese with vegetables	Baked fish filet with rice and garden salad	Cheese pizza and green salad
	Applesauce and tea cookies	Tea cookies	Yogurt	Muffins	Chewy granola bars
week 4	Fusilli with rose meat sauce and vegetables	Shepard's pie with beef	Beef with lentils and vegetables	Pizza	Vegetable soup with tuna sandwiches
	Yogurt	Tea cookies	Homemade cake	Applesauce and tea cookies	Yogurt
	*AM snacks: fresh fruit				
	Milk is provided with meals				