

 PRIMARY MENU 5-12 years old		WEEK 3	DATE 10.13.-10.17.	
--	--	------------------	------------------------------	--

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BRUNCH	FRUIT	NATUR YOGHURT AND CORNFLAKES	HAM&CHEESE TOAST	BANANA, BISCUIT	BUN WITH COTTAGE CHEESE
SOUP	TOMATO SOUP	GREEN PEA SOUP	LENTIL SOUP	POTATO SOUP WITH PASTA	LENTIL GOULASH
MAIN COURSE 1.	BREADED CAULIFLOWER WITH JASMINE RICE & STEAMED CARROTS	HUNGARIAN CHICKEN CASSEROLE WITH MARINATED CELERY	CASARECCE CHICKEN AURORA	RATATOUILLE CHICKEN WITH BULGUR AND STEAMED GREEN PEAS	CHEESE PASTRY
MAIN COURSE 2. <i>Vegetarian</i>	COCONUTMILK CURRY VEGETABLE RAGOUT WITH JASMINE RICE	GREEK-STYLE POTATO PLATE WITH FETA CHEESE (ZUCCHINI, EGGPLANT, TOMATO, PEPPER, ONION)	CASARECCE ALLA SORRENTINA	PRUNES AND MUSHROOM RAGOUT WITH BULGUR	

ENJOY YOUR MEAL!