

 SECONDARY MENU 13-18 YEARS OLD			WEEK 3	DATE 12.01.-12.05.	
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	TOMATO SOUP	GREEN PEA SOUP	LENTIL SOUP	POTATO SOUP WITH PASTA	CREAMY CAULIFLOWER SOUP WITH SOUP PEARLS
MAIN COURSE 1.	BREADED CAULIFLOWER WITH JASMINE RICE & STEAMED CARROTS	BBQ PORK/POULTRY SLICE WITH STEAK POTATO AND STEAMED SWEET CORN	TURKEY/PORK IN BRASOV STYLE WITH GRILLED ZUCCHINI	CHICKEN CAPRESE WITH RICE AND GREEN PEAS	BREADED CHICKEN BREAST WITH RICE AND TRICOLOR VEGETABLES
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)	RATATOUILLE RICE	PRUNES AND MUSHROOM RAGOUT WITH BULGUR	THAI NOODLES WITH VEGETABLES

ENJOY YOUR MEAL!