

 SECONDARY MENU 13-18 YEARS OLD		WEEK 3	DATE 10.13.-10.17.	
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	TOMATO SOUP	GREEN PEA SOUP	LENTIL SOUP	POTATO SOUP WITH PASTA	LENTIL GOULASH
MAIN COURSE 1.	BREADED CAULIFLOWER WITH JASMINE RICE & STEAMED CARROTS	BBQ PORK/POULTRY SLICE WITH STEAK POTATO AND STEAMED SWEET CORN	CASARECCE CHICKEN AURORA	CHICKEN CAPRESE WITH RICE AND 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!