

 SECONDARY MENU 13-18 YEARS OLD		WEEK 4	DATE 09.15.-09.19.	
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	VEGETABLE SOUP WITH PASTA	POTATO SOUP WITH LESTYAN	KALE SOUP WITH TURKEY SAUSAGE	CELERY CREAM SOUP	LENTIL GOULASH
MAIN COURSE 1.	PILAF WITH VEGETABLES AND FALAFEL	PORK STEW WITH NOODLES, GREEN BEANS	CHICKEN TIKKA MASALA WITH RICE AND SHREDDED CABBAGE	LASAGNE WITH GREEN PEAS	BREADED FISH FILLET STUFFED WITH CHEESE RICE WITH SWEET CORN AND GARDEN SALAD
MAIN COURSE 2. <i>Vegetarian</i>	VEGAN MEXICAN BEAN AND RICE	TORTILLA WITH VEGETABLES AND TOMATO SAUCE	CHANA MASALA WITH RICE AND SHREDDED CABBAGE	VEGETARIAN LASAGNE	SPINACH & RICOTTA RAVIOLI WITH CHEESE SAUCE

ENJOY YOUR MEAL!