

 SECONDARY MENU 13-18 YEARS OLD		WEEK	DATE	
		3	04.21.-04.25.	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	TOMATO SOUP	CREAMY CAULIFLOWER SOUP WITH SOUP PEARLS	LENTIL SOUP	POTATO SOUP WITH PASTA	GREEN PEA SOUP
MAIN COURSE 1.	BREADED CAULIFLOWER WITH JASMINE RICE & STEAMED CARROTS	BREADED CHICKEN IN SESAME SEEDED COAT WITH RICE AND TRICOLOR VEGETABLES	TURKEY/PORK ROAST 'BRASOV'- STYLE WITH BAKED ZUCCHINI	CHICKEN CAPRESE WITH RICE AND STEAMED GREEN PEAS	BBQ PORK/POULTRY SLICE WITH STEAK POTATO AND STEAMED SWEET CORN
MAIN COURSE 2. <i>Vegetarian</i>	COCONUTMILK CURRY VEGETABLE RAGOUT WITH JASMINE RICE	THAI NOODLES WITH VEGETABLES	PICCANTE RATATOUILLE RICE	PLUM&MUSHROOM RAGOUT WITH BULGUR	GREEK-STYLE POTATO PLATE WITH FETA CHEESE (ZUCCHINI, EGGPLANT, TOMATO, PEPPER, ONION)

ENJOY YOUR MEAL!