



1	2	3	4	5
No School	No School	No School	Cheese quesadilla Black beans & avocado Sautéed squash  Fruits	Hachis Parmentier Roasted seasonal vegetable Red pepper & celery sticks Organic green salad  Dessert
8	9	10	11	12
Grilled lemongrass chicken Coconut rice pilaf Carrot and red pepper sticks Mix green salad  Fruit	Olive oil penne pasta Carrot rapées Vache qui Rit cheese Seasonal vegetable soup  Yogurt	Grilled Steak Mashed potatoes Haricot Vert sautéed in olive oil  Fruits	Egg and Vegetable fried rice Seasonal vegetable soup Cucumber Salad  Dessert	Cheese & chicken quesadilla Sautéed squash Organic carrot rapées  Fruits
15	16	17	18	19
No School	No School	Spaghetti bolognese Red pepper and cucumber sticks Green salad Fruits	Spanish tortilla Roasted butternut Squash Carrot and Cherry tomatoes Green salad Dessert	Sautéed Shrimp w/ Pea shoot Brown rice Seasonal vegetable soup  Fruits
22	23	24	25	26
Grilled salmon Couscous Seasonal vegetable soup  Fruit	Penne pasta with tomatoes basil Lentil Salad Radish and Cucumber sticks Yogurt	Grilled Steak Potatoes gratin Green salad  Fruits	Jasmine rice Black beans Sautéed broccoli and cauliflower Dessert	Pizza Seasonal vegetable soup Cherry tomatoes & cucumber sticks Fruit
29	30	31		
Olive oil penne pasta Carrot rapées Comte Cheese Seasonal vegetable soup  Fruit	Grilled Grass-fed Steak Organic Jasmine rice Cherry tomatoes & carrot sticks Green salad Yogurt	Chicken teriyaki Organic brown rice Sautéed broccoli & carrot  Fruit		



ECOLE INTERNATIONALE  
DE NEW YORK

# MENU

JANUARY 2018

5 CHILDREN CAN'T HAVE CHEESE/BUTTER/CREAM .  
NO GRAPES for 5<sup>th</sup> Avenue School

Organic, Seasonal and Local products always preferred.

Whole grain bread served daily