



LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENREDI FRIDAY
			1 Egg and peas frittata Ratatouille Blonde quinoa Dessert	2 Beef Hachis Parmentier Carrot vichy Organic green salad Fruit
5 Grilled salmon Couscous Seasonal vegetable soup Fruit	6 Jasmine rice Black beans Broccoli/Cauliflower gratin Yogurt	7 Grilled Steak Mashed potatoes Sauteed Haricot Vert Fruits	8 Egg and Vegetable fried rice Seasonal vegetable soup Cheese Dessert	9 NO SCHOOL
12 Grilled Grass-fed Steak Organic Jasmine rice Cherry tomatoes & carrot Green salad Fruit	13 Cheese quesadilla Black beans Rice and tomatoes Yogurt (NO ELEMENTARY/MIDDLE LUNCH)	14 Spagetti bolognese (no carrots) Carrot and cucumber Green salad Fruits	15 Spanish tortilla Blanched carrots, broccoli and cauliflower Green salad Dessert	16 Sauteed Shrimp with snow peas Brown rice Seasonal vegetable soup Fruits
19 Chicken fingers Steamed broccoli Penne with parmesan sauce Fruits (NO PRESCHOOL LUNCH)	20 Couscous Vegetables Stew Garlic bread Yogurt	21 Grilled Steak Potatoes gratin Green salad Fruits	22 Rigatoni pasta tomatoes basil Lentil Salad La Vache qui Rit Dessert	23 Fish sticks Mashed potatoes Seasonal soup Fruits
26 Grilled Grass-fed Steak Organic Jasmine rice Cherry tomatoes & carrot Green salad Fruits	27 Cheese quesadilla Sauteed squash Organic carrot rapées Yogurt	28 Chicken teriyaki Organic brown rice Sauteed broccoli & carrot Fruit	29 Pasta gratin Carrot & cucumber sticks Organic green salad x 30 Dessert	30 Margarita Pizza Seasonal vegetable soup Cherry tomatoes & cucumber sticks Fruit