

Week 1 - From 2nd to 6 JANUARY 2012

TUESDAY 3rd January

Zucchini and mint soup- warm
Lamb minced cooked in a brown sauce
French fries
Cheese slice
Apple & banana puree

WEDNESDAY 4th January

Falalel
Omelette
Ratatouille
Rice
Marble Cake

THURSDAY 5th January

Vegetable Soup
Pasta Bolognese
Yogurt
Galette de rois

FRIDAY 6th January

Chickenstrogonnof
Boulgur
Saute vegetables
Yoghurt
banana

Week 2 – 9th to 13th JANUARY 2012

MONDAY 9th January

Grilled lamb in Demi Glaze
Penne Pasta—less butter
Sautéed peas and carrots
Yogurth
Sweet lime

TUESDAY 10th January

Vegetable soup
Grilled Beef
Cheese slice
French fries
Chocolate Brownies

WEDNESDAY 11th January

Pumkin soup
Chicken burger
Herb potatoes
Yogurth
apple tart

THURSDAY 12th January

Tomato soup
Chicken sausages with rice well seasoned
green French beans
Yogurth
Whole orange

FRIDAY 13th January

Vegetables and Cheese ball
in tomato sauce
Pasta
Cheese slice
Cauliflower in creamy sauce
Eggless Carott cake

Week 3 – 16th to 20th JANUARY 2012

MONDAY 16th January

Lamb balls in tomato sauce
Carrots cooked and sautéed
Farfalle Pasta
Yogurth
Fresh Cut Fruits

TUESDAY 17th January

Grilled Beef
French fries
French beans
Cheese slice
Vanilla custard

WEDNESDAY 18th January

Chicken croquettes
Ratatouille
Rice
Yogurt
Short bread biscuit

THURSDAY 19th January

Vegetable soup
Chicken pallak
Mash potatoes
Cheese slice
Apple and banana puree

FRIDAY 20th January

Minestrone soup
Pita bread
Humus
Falafel
Yogurth
Brownies

Week 4 – 23th to 27th JANUARY 2012

MONDAY 23rd January

Lentils salad
Beef thai style
Carrot mash
Yogurth
Whole Banana

TUESDAY 24th January

Lamb ball in tomato sauce
Farfalle
Sautted in garlic Spinach
Cheese slice
Eggless Chocolate truffle cake

FRIDAY 25th January

Boiled Eggs
Ratatouille
Rice
Cheese slice
Eggless Almond cake

THURSDAY 26th January

HOLIDAYS

WEDNESDAY 27th January

Tomato salad
Chicken burger
French Fries
Yogurth
Marble cake

Week 5 – 30th JANUARY to 3th FEBRUARY 2012

MONDAY 30th January

Chicken creamy sauce
Cooked and sautéed carrots
Bulgour
Cheese slice
Chocolate mousse

TUESDAY 31st January

Minestrone soup
Grilled Beef
Sautéed potatoes
Sweet lime
Yogurth

WEDNESDAY 01st February

Lamb patties
French fries
French beans
Yogurth
Shortbread

THURSDAY 02nd February

Greek salad
Spaghetti Bolognese
Cheese slice
Apple puree

FRIDAY 03rd February

French onion soup
Boiled Egg
Cantonese style Rice with dices of
carrots, peas
Fresh Cut Fruit
Yogurth

Week 6 – 6th to 10th FEBRUARY 2012

MONDAY 06th February

Grilled chicken strips
Plain spaghetti
Green beans
Fruit
with
Vanilla custard

TUESDAY 07th February

Vegetable soup
Grilled Beef
Sautee mixed vegetable
(potatoes, peas, green beans,
cauliflower)
Yogurt
Eggless Brownies

WEDNESDAY 08th February

BoiledEggs
Ratatouille
Boulgour
Cheese slice
Date and cinnamon cake

THURSDAY 09th February

Tomato salad
Lamb in oyster sauce
French fries
Cheese slice
Fresh lime

FRIDAY 10th February

Kachumber salad
Vegetable and cheese ball
In a white cheesy sauce
Rice
Marble cake

Week 7 – 13th to 17th FEBRUARY 2012

MONDAY 13th February

Greek salad
Spaghettis Bolognese
Yoghurt
Fresh lime
Short bread

TUESDAY 14th February

Gazpacho
Grilled Beef
Cheese slice
Carotts and green peas
Apple& Banana sauce

WEDNESDAY 15th February

Cole slaw
Chicken burger
French fries
Chees slice
Walnut tart

THURSDAY 16th February

Tomato salad
Beef demi-glaze
ButtererdRice
Marble cake
Yogurth

FRIDAY 17th February

Coriander, orange and carott soup-
warm
Vegetable croquettes
Green beans
Sautedpotatoes
Vanilla custard

Week 8 – 20th to 21st FEBRUARY 2012

MONDAY 20th February

Pumpkin soup
Chicken Stroganoff
Penne Pasta
Cheese slice
oranges

TUESDAY 21st February

Grilled Beef
French fries
Carrot sticks with mayo
Yogurth
Shortbread

WEDNESDAY

HOLIDAYS

THURSDAY

HOLIDAYS

FRIDAY

HOLIDAYS