

LUNCH MENU					
EC - Grade 2					
Week 1: September 4th - 8th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EC - Grade 2	Pasta with tomato sauce	Rice with carrots ragout	Pasta with ragù alla bolognese	Pasta with pesto	Rice with soft cheese
	Omelette with cheese	Chicken with lemon sauce	Eggplant treats	Mozzarella	Fish sticks
	Green beans	Mixed salad	Tomato salad	Sauteed zucchini	Steamed carrots
Week 2: September 11th - 15th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EC - Grade 2	Pasta with tuna	Pasta with zucchini and cheese	Pasta with tomato sauce	Saffron risotto	Pizza margherita
	Roasted chicken drumstick/bites	Vegetable flan	Primo sale cheese	Meatballs	Fried squid
	Cherry tomatoes	Carrote purée	Mixed salad	Green beans	Carrots au julienne
Week 3: September 18th - 22nd	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EC - Grade 2	Pasta with evo oil	Parmesan risotto	Lasagne au gratin	Pasta with oil and ricotta cheese	Tomato risotto
	Omelette with vegetables	Chicken cutlets	Veggie burger	Roasted turkey	Cod cutlets
	Mixed salad	Sauteed zucchini	Green beans	Steamed carrots	Tomato salad
Week 4: September 25th - 29th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EC - Grade 2	Pasta with pesto	Pasta with tomato sauce	Pasta with zucchini	Risotto with pumpkin	Pizza margherita
	Primo sale cheese	Chicken nuggets	Lentils falafels	Mini grilled burger	Fish nuggets
	Mixed salad	Peas and carrots	Roasted potato cubes	Carrots au julienne	Tomato salad
Week 5: October 2nd - 6th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EC - Grade 2	Pasta with cream of broccoli	Rice with lentils	Baked pasta	Tubetti pasta with butter	Rice with cream of tomatoes
	Mini omelette	Turkey bites	Potatoes flan	Chicken cutlets	Fish burger
	Steamed zucchini	Spinach with evo oil	Carrots au julienne	Broccoli with evo oil	Mixed salad

*Menu items may change depending on availability

LUNCH MENU					
EC - Grade 2					
Week 1: October 9th - 13th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EC - Grade 2	Pasta with tomato sauce	Rice with carrots ragout	Pasta with ragù alla bolognese	Pasta with pesto	Rice with soft cheese
	Omelette with cheese	Chicken with lemon sauce	Eggplant treats	Mozzarella	Fish sticks
	Green beans	Mixed salad	Tomato salad	Sauteed zucchini	Steamed carrots
Week 2: October 16th - 20th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EC - Grade 2	Pasta with tuna	Pasta with zucchini and cheese	Pasta with tomato sauce	Saffron risotto	Pizza margherita
	Roasted chicken drumstick/bites	Vegetable flan	Primo sale cheese	Meatballs	Fried squid
	Cherry tomatoes	Carrote purée	Mixed salad	Green beans	Carrots au julienne
Week 3: October 23rd - 27th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EC - Grade 2	Pasta with evo oil	Parmesan risotto	Lasagne au gratin	Pasta with oil and ricotta cheese	Tomato risotto
	Omelette with vegetables	Chicken cutlets	Veggie burger	Roasted turkey	Cod cutlets
	Mixed salad	Sauteed zucchini	Green beans	Steamed carrots	Tomato salad
Fall Break: October 30th - November 3rd					

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