

JAN	Monday	Tuesday	Wednesday	Thursday
week 1	Meatballs and vegetable coucous Fruit salad	Margarita pizza Vegetable sticks Piece of fruit	Chicken and vegetable stir fry noodles Piece of fruit	Margarita pizza Vegetable sticks Piece of cake
week 2	Pasta with tomato sauce and cheese Mixed salad Piece of fruit	Hot dog Vegetable sticks Crepe	Meatballs in tomato sauce with rice Mixed salad Piece of fruit	Fried rice with shrimps and vegetable Piece of fruit
week 3	Pasta with creamy cheese sauce Vegetable sticks Piece of fruit	Beef burger with mixed salad Piece of fruit	Fish fingers with rice Vegetable sticks Fruit salad	Vegetarian lasagna Ice cream
week 4	Chicken francs with brocoli and potato mash Vegetable sticks Piece of fruit	Omelette with chips Vegetable sticks Piece of cake	Margarita pizza Vegetable sticks Piece of fruit	