

FEB	Monday	Tuesday	Wednesday	Thursday
week 1				1 Chicken frans with brocoli and potato mash Vegetable sticks Piece of fruit
week 2	5 Chicken and vegetable gratin Piece of fruit	6 Pasta with tomato sauce and cheese Mixed salad Crêpe	7 Meatballs and vegetable couscous Piece of fruit	8 Fried rice with shrimps and vegetables Piece of fruit
week 3	12 Corn dogs with mashed potatoes and carrots Piece of fruit	13 Chicken and vegetable stir fry noodles Piece of fruit	14 Omelette with chips and salad Piece of cake	15 Burger and vegetable sticks Piece of fruit
week 4	19 Meatballs in tomato sauce with rice Mixed salad Piece of fruit	20 Margarita pizza Vegetable sticks Piece of fruit	21 Seafood and vegetables gratin Piece of fruit	22 Spaghetti bolognaise mixed salad Crêpe
week 4	26 Meatballs in tomato sauce with rice Mixed salad Piece of fruit	27 Fish fingers with rice Vegetable sticks Fruit salad	28	