

OCT	Monday	Tuesday	Wednesday	Thursday
week 1	1 Pasta with tomato sauce and cheese Vegetable sticks Piece of fruit	2 Hot dog vegetable sticks Crêpe	3	4 Meatballs and vegetable couscous Piece of fruit
week 2	8 Macaroni and cheese Vegetable sticks Piece of fruit	9 Burger and vegetable sticks Piece of fruit	10 Margarita pizza Vegetable sticks Piece of fruit	11 Chicken franks, potato and vegetable gratin Ice cream
week 3	15 Spaghetti bolognaise Vegetable sticks Piece of fruit	16 Fish fingers with rice vegetable sticks Piece of fruit	17 Omelette with chips and salad Crêpe	18 Noodle stir fry with chicken and vegetables piece of fruit
week 4	22	23	24 Pasta with tomato sauce and cheese Vegetable sticks Piece of fruit	25 Meatballs stuffed with cheese with mashed potato + vegetable sticks piece of fruit
week 5	29 Vegetarian lasagna Piece of fruit	30 Chili con carne (not spicy) with rice Piece of fruit	31 Margarita pizza Vegetable sticks Ice cream	Spaghetti bolognaise Vegetable sticks Piece of fruit