

## ELC Menu February 2020

|                        | 3 Monday   | 4 Tuesday   | 5 Wednesday  | 6 Thursday  | 7 Friday  |
|------------------------|--|---|--|---|---|
| <b>Snack</b>           | Oatmeal cookies, fruit                                       | Pumpkin cake, fruit                                     | Omelet, fruit  | Pancakes, fruit   | Cottage cheese blocks, fruit                            |
| <b>Lunch</b>           | Mafaldine in Alfredo sauce w/ chicken<br>Vegetables<br>Fruit | Beef stroganoff w/ baked potato<br>Vegetables<br>Fruit  | Stuffed turkey w/ mashed potato<br>Vegetables<br>Fruit | Chicken wings in caramel sauce w/ rice<br>Vegetables<br>Fruit | Grilled sausages w/ French fries<br>Vegetables<br>Fruit |
| <b>Afternoon Snack</b> | Fruit & pastry   | Fruit & pastry  | Fruit & pastry   | Fruit & pastry  | Fruit & pastry  |
|                        | 10 Monday  | 11 Tuesday  | 12 Wednesday   | 13 Thursday   | 14 Friday   |
| <b>Snack</b>           | Cornflakes and milk, fruit                                   | Oatmeal cookies, fruit                                  | Cheese straws, fruit                                   | Scones, fruit   | Savory toast, fruit                                     |
| <b>Lunch</b>           | Cavatappi w/ sausage & tomato<br>Vegetables<br>Fruit         | Baked chicken thigh w/ potato<br>Vegetables<br>Fruit    | Chicken burger<br>Vegetables<br>Fruit                  | Plov<br>Vegetables<br>Fruit                                   | Chicken soup<br>Pizza Margarita<br>Vegetables           |
| <b>Afternoon Snack</b> | Fruit & pastry   | Fruit & pastry  | Fruit & pastry   | Fruit & pastry  | Fruit & yogurt  |
|                        | 17 Monday  | 18 Tuesday  | 19 Wednesday   | 20 Thursday   | 21 Friday   |
| <b>Snack</b>           | Rice porridge, fruit   | Cinnamon rolls  | Zucchini bread, fruit                                  | Cottage cheese blocks, fruit                                  | French toast, fruit                                     |
| <b>Lunch</b>           | Spaghetti Bolognese<br>Vegetables<br>Fruit                   | Chicken nuggets w/ farmer potato<br>Vegetables<br>Fruit | Chicken toast w/ French fries<br>Vegetables<br>Fruit   | Noisettes (meat balls w/ rice)<br>Vegetables<br>Fruit         | Chicken soup<br>Quiche (Chicken)<br>Vegetables<br>Fruit |
| <b>Afternoon Snack</b> | Fruit & pastry   | Fruit & pastry  | Fruit & pastry   | Fruit & pastry  | Fruit & pastry  |
|                        | 24 Monday  | 25 Tuesday  | 26 Wednesday   | 27 Thursday   | 28 Friday   |
| <b>Snack</b>           | Cornflakes & milk, fruit                                     | Carrot cake, fruit                                      | Savory toast, fruit                                    | Scones, fruit   | Cheese straws, fruit                                    |
| <b>Lunch</b>           | Pasta Carbonara (w/ turkey)<br>Vegetables<br>Fruit           | Meat w/ beans<br>Vegetables<br>Fruit                    | <b>Half Day</b>  | Chicken w/ rice<br>Vegetables<br>Fruit                        | Lasagna<br>Vegetables<br>Fruit                          |
| <b>Afternoon Snack</b> | Fruit & pastry   | Fruit & pastry  |  | Fruit & pastry  | Fruit & pastry  |