

January ELC Menu 2020

	Monday, 6	Tuesday, 7	Wednesday, 8	Thursday, 9	Friday, 10
Snack	No School	No School	Cottage cheese blocks, fruit	Cornflakes and milk, fruit	Carrot cake, fruit
Lunch			Fruit Fajitas (chicken)	Fruit Crispy Buffalo wings w/ fried rice	Fruit Beef "Ali Qushji" w/ farmer potatoes
Afternoon Snack			Vegetables	Vegetables	Vegetables
			Fruit & pastry	Fruit & pastry	Fruit & pastry
	Monday, 13	Tuesday, 14	Wednesday, 15	Thursday, 16	Friday, 17
Snack	Oat porridge, fruit	Scones, fruit	Cheese straws, fruit	Pancakes, fruit	Savory toast, fruit
Lunch	Fruit Cheese pasta	Fruit Beef schnitzel w/ farmer potato	Fruit Chicken burgers	Fruit Fish cutlets w/ fried rice	Soup Shepherd's Pie
Afternoon Snack	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & yogurt
	Monday, 20	Tuesday, 21	Wednesday, 22	Thursday, 23	Friday, 24
Snack	Rice porridge, fruit	French toast, fruit	Zucchini bread, fruit	No classes Elementary Conference	No School Lunar New Year
Lunch	Fruit Spaghetti Bolognese	Fruit Chicken a-la Kiev w/ mashed potato	Fruit Shredded beef tacos		
Afternoon Snack	Vegetables	Vegetables	Vegetables		
	Fruit & pastry	Fruit & pastry	Fruit & pastry		
	Monday, 27	Tuesday, 28	Wednesday, 29	Thursday, 30	Friday, 31
Snack	Cornflakes and milk, fruit	Cottage cheese blocks, fruit	Cinnamon Rolls,	Scones, fruit	Cheese straws, fruit
Lunch	Fruit Penne w/ broccoli, cold beef in leak sauce	Fruit Beef stew w/ carrots & potato	Half Day	Fruit Plov	Soup Pizza
Afternoon Snack	Vegetables	Vegetables		Vegetables	Vegetables
	Fruit & pastry	Fruit & pastry			Fruit & pastry