

ELC Menu November 2019

	4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday
Snack	Rice porridge, fruit	Pancakes, fruit	Carrot cake, fruit	Cottage cheese squares, fruit	Scones, fruit
Lunch	Fruit Cheese pasta Vegetables	Fruit Chicken nuggets with French fries Vegetables	Fruit Shredded beef tacos Vegetables	Fruit Chicken wings in soya sauce w/ rice & veg	Fruit Fish cutlets w/ fried rice Vegetables
Afternoon Snack	Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & pastry
	11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday
Snack	Oat porridge, fruit	French toast, fruit	Cheese straws, fruit	Zucchini bread, fruit	Omelet, fruit
Lunch	Fruit Cavatappi with sausage & tomato Vegetables	Fruit Schnitzel with mashed potato Vegetables	Fruit Chicken burger Vegetables	Fruit Noisettes (meat ball with rice) Vegetables	Chicken soup Pizza Margarita Vegetables
Afternoon Snack	Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & yogurt
	18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday
Snack	Cornflakes and milk, fruit	Cottage cheese squares, fruit	Oatmeal cookies, fruit	Pancakes, fruit	Pizza, fruit
Lunch	Fruit Spaghetti Bolognese Vegetables	Fruit Baked chicken thigh with potato Vegetables	Fruit Chicken sandwich Vegetables	Fruit Fish nuggets with rice Vegetables	Fruit Chinese chicken noodles Vegetables
Afternoon Snack	Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & pastry
	25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday
Snack	Rice porridge, fruit Fruit	Cheese straws, fruit	Scones, fruit Cinnamon rolls	Savory toast, fruit	Cinnamon rolls, fruit
Lunch	Penne w/ broccoli, cold beef in leak sauce Vegetables	Fruit Stuffed turkey w/ mashed potato, gravy & veg	Half Day	Fruit Meat w/ beans Vegetables	Fruit Fajitas (chicken) Vegetables
Afternoon Snack	Fruit & pastry	Fruit & pastry		Fruit & pastry	Fruit & pastry