

## ELC Menu October, 2019

		October 1	October 2	October 3	October 4
<b>Snack</b>		<b>NO CLASSES</b>	Cornflakes w/ milk, fruit	Cottage cheese cake, fruit	Banana bread fruit
<b>Lunch</b>			Chicken w/ rice Vegetables Watermelon	Plov Vegetables Watermelon	Lasagna Vegetables Watermelon
<b>Afternoon Snack</b>			Fruit & pastry	Fruit & pastry	Fruit & pastry
	October 7	October 8	October 9	October 10	October 11
<b>Snack</b>	Rice porridge, fruit	Omelette, fruit	Mini pizza, fruit	Savory toast, fruit	Pancakes, fruit
<b>Lunch</b>	Cheese pasta Vegetables Watermelon	Beef stroganoff w/ mashed potato Vegetables Watermelon	Chicken w/ cooked vegetables Vegetables Watermelon	Fish cutlet w/ rice Vegetables Watermelon	Chicken wings w/ potato Vegetables Watermelon
<b>Afternoon Snack</b>	Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & yogurt
	October 21	October 22	October 23	October 24	October 25
<b>Snack</b>	Oat porridge, fruit	Cheese straws, fruit	Zucchini bread fruit	Cheese scones, fruit	Oatmeal cookies, Fruit
<b>Lunch</b>	Pasta Carbonara Vegetables Watermelon	Mashed potato w/ chicken cutlets Vegetables Watermelon	Beef burger Vegetables Watermelon	Chicken nuggets w/ rice Vegetables Watermelon	Pizza Vegetables Watermelon
<b>Afternoon Snack</b>	Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & pastry
	October 28	October 29	October 30	October 31	
<b>Snack</b>	Cornflakes w/ milk, fruit	Cottage cheese cake, fruit	French toast, fruit	Rice porridge, fruit	
<b>Lunch</b>	Spaghetti Bolognese Vegetables Watermelon	Baked chicken thigh w/ potatoes Vegetables Watermelon	<b>HALF DAY</b>	Chicken in white sauce w/ corn & rice Vegetables Watermelon	
<b>Afternoon Snack</b>	Fruit & pastry	Fruit & pastry		Fruit & pastry	