FEBRUARY

	Monday	Tuesday	Wednesday	Thursday	Friday
main dish	3 veggie quiche sausages	4 turkey stew with mushroom sauce buckwheat	5 fideua	6 Chinese style rice	7 white bean and vegetable soup rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
snack	cereals with milk	corn crackers with fresh cheese and avocado	yogurt	fruit	bread with nuts spread
main dish	10 pasta with Bolognese sauce	11 oven roasted chicken and potatoes cole slaw	12 fish casserole rice with vegetables cherry tomatoes	13 quinoa with vegetables & cheese	14 chili con carne rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
snack	Breadsticks with guacamole	cereals & milk	yogurt	fruit	bread with nuts spread
main dish	17 veggie lasagna with cheese	18 veal burgers rice cherry tomatoes	19 breaded fish filet smashed potatoes sauté carrots	20 minced chicken with vegetables corn polenta	21 lentils rice
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
snack	turkey and cheese rolled tortillas	raisins, cheese & breadsticks	yogurt	fruit	chips with hummus
main dish	24 noodle soup whole wheat bread	25 minced veal with vegetables pasta steamed cauliflower	26 fish filet in green sauce millet with vegetables	27 pork medallions rice with vegetables	28 STAFF DAY
dessert	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	
snack	banana and oats pancakes	bread with nuts spread	yogurt	fruit	