



## Menu 2026

| Day             | 1                                      | 2   | 3   | 4  | 5                                      |
|-----------------|--|---|---|--|--|
| <b>AM Snack</b> | Corn flakes                            | Four-fruit yogurt   | Egg<br>Soda cracker                       | Apple and berry compote<br>Shortbread cookie         | Strawberry muslix                      |
| <b>Lunch</b>    | Chicken paella (C)<br>Saffron rice (S) | Provençal style sliced<br>beef (C)<br>Mashed potatoes (S) | Butter chicken (C)<br>Rice (S)            | Neapolitan beef<br>meatballs (C)<br>Rotini (S)       | Melting cheese rosé<br>pasta           |
| <b>Fruit</b>    | Fruit                                  | Fruit   | Fruit                                     | Fruit  | Fruit                                  |
| <b>PM Snack</b> | Chocolate-banana cookie                | Hummus<br>Naan Bread                                      | Fruits health bar                         | Spinach dip<br>Baguette bread                        | Carrot and Orange zest<br>Muffin       |
| Day             | 6                                      | 7   | 8   | 9  | 10                                     |
| <b>AM Snack</b> | Cheerios                               | Apple and pear compote<br>Rice cake                       | Cream cheese<br>Bagel                     | Fruit smoothie                                       | Cherry Muslix                          |
| <b>Lunch</b>    | Chicken tagine (C)<br>Couscous (S)     | Beef goulash (C)<br>Bow Tie pasta (S)                     | Mediterranean quiche<br>Greek-style salad | Thai meatballs (S)<br>Vegetable rice (C)             | Vegetarian Alfredo (C)<br>Fusilli (S)  |
| <b>Fruit</b>    | Fruit                                  | Fruit   | Fruit                                     | Fruit  | Fruit                                  |
| <b>PM Snack</b> | Fruit crumble                          | Cheese<br>Soda cracker                                    | Asparagus dip<br>Tortilla                 | Pita bread<br>Yogurt dip                             | Citrus zest and zucchini<br>muffin     |
| Day             | 11                                     | 12  | 13  | 14   | 15                                     |
| <b>AM Snack</b> | Corn flakes                            | Four-fruit yogurt   | Egg<br>Soda cracker                       | Apple and berry compote<br>Shortbread cookie         | Raspberry Muslix                       |
| <b>Lunch</b>    | Roman chicken (C)<br>Cavatappi (S)     | Tonkinese beef (C)<br>Rice (S)                            | Chicken pot pie<br>Creamy coleslaw        | Western polpette (S)<br>Three-vegetable puree<br>(C) | Two cheeses and<br>vegetables Macaroni |
| <b>Fruit</b>    | Fruit                                  | Fruit   | Fruit                                     | Fruit  | Fruit                                  |
| <b>PM Snack</b> | Chocolate-banana cookie                | Hummus<br>Naan Bread                                      | Apricot and mango health<br>bar           | Italian-style dip<br>Baguette bread                  | Lemon and blueberry<br>muffin          |
| Day             | 16                                     | 17  | 18  | 19   | 20                                     |
| <b>AM Snack</b> | Cheerios                               | Apple and pear compote<br>rice cake                       | Cream cheese<br>Bagel                     | Fruit smoothie                                       | Blueberry muslix                       |
| <b>Lunch</b>    | Penne (S)<br>Bolognese sauce (C)       | Chicken Supreme (C)<br>Rice (S)                           | Broccoli quiche<br>Macaroni salad         | Oriental beef meatballs<br>(C)<br>Couscous (S)       | Multicultural Special of<br>the Month  |
| <b>Fruit</b>    | Fruit                                  | Fruit   | Fruit                                     | Fruit  | Fruit                                  |
| <b>PM Snack</b> | Apple and cinnamon<br>crumble          | Cheese<br>Soda cracker                                    | Mexican Dip<br>Tortilla                   | Sweet pepper dip<br>Pita bread                       | Tofu Brownies                          |

The AM snack is delivered the previous day.