



Week1

	AM snack	Diner	PM snack
Monday	Corn flakes	Boulette de bœuf Napolitaine Rotini	Compote de pomme et petits fruits Biscuit sablé
Tuesday	Yogourt aux quatre fruits	Paëla au poulet Riz safranné	Hummus et pain Naan
Wednesday	Œuf et biscuit soda	Quiche aux épinards Salade de pomme de terre	Barre santé à la fraise
Thursday	Galette choco- banane	Poulet sauté au Cari Riz madras	Trempelette aux poivrons doux Bagel
Friday	Muslix aux fraises	Émincé de bœuf `la provençale Purée de pomme de terre	Muffin aux carottes et oranges



Semaine 2

	AM snack	Diner	PM snack
Monday	Cherrios	Sauce with chicken and rice	Fruit crumble
Tuesday	Fruit smoothie	Beef and buckle	Cheese and soda cracker
Wednesday	Bagel and cream cheese	Chicken pie Creamy cabbage salad	Crudit� and Italian dip
Thursday	Apple and pear compote Rice cracker	Oriental meatballs Couscous	Pita bread with yogurt sauce
Friday	Blueberry Muslix	Macaroni with two cheeses and vegetables	Pineapple coconut muffins



Semaine 3

	AM snack	Diner	PM snack
Monday	Corn flakes	Tonkin-style beef and rice	Apple and berry compote Shortbread cookie
Tuesday	Four-fruit yogurt	Roman-style chicken Cavatappi	Hummus and Naan bread
Wednesday	Egg and soda cookie	Beef pie and creamy coleslaw	Strawberry health bar
Thursday	Chocolate-banana galette	Polpette western Three-vegetable purée	Artichoke dip with bagel
Friday	Muslix with raspberries	Pasta Vegetarian Alfredo	Lemon and blueberry muffin



Semaine 4

	AM snack	Diner	PM snack
Monday	Cherrios	Pasta Bolognese sauce	Apple and cinnamon crumble
Tuesday	Fruit smoothie	Chicken Tagine Couscous	Cheese and soda cracker
Wednesday	Bagel and cream cheese	Grilled vegetable quiche Green salad with Italian dressing	Mexican dip Tortilla
Thursday	Apple and pear compote and Rice cracker	Thai dumplings Vegetable rice	Naan bread with yagurt sauce
Friday	Blueberry Muslix	Multicultural special of the month	Tofu brownies