



ILG School Menu – January 2019

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack		Fresh carrot and cucumber with fresh dips and piece of bread	Fresh home made pastry and fruits	Fresh carrot and cucumber with fresh dips and piece of bread and boiled egg	Pancakes
Lunch option 1		Seasonal soup  Pasta with spinach and pasta with tomato sauce and fruits	Broccoli soup  Fish pieces prepared with bread crumbs and eggs with rice mixed with veggies and fruits	Veggies soup  Chicken, rice and spinach hot plate and fruits	Carrot soup  Green peas with minces meat and veggies and fruits
Lunch option 2	Holiday	Pasta with spinach and pasta with tomato sauce and fruits  Mix salad	Mixed vegetables and baked potatoes and fruits  Cabbage and carrot salad	Spinach and rice and fruits  Cabbage salad	Green peas with meshed potatoes and fruits  Mix salad



Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Crunchy bread with yellow cheese and herbs in oven, and seasonal fruits	Pancakes Fruit	French toast	Fresh carrot and cucumber with fresh dips and piece of bread, fruits	Sandwiches with crème cheese and cucumbers Fruits
Lunch option 1	Pasta Bolognese with tomato sauce and veggies and fruits	Veggies soup  Chicken meat with béchamel sauce, spinach and baked potatoes and fruits	Stewed beans and fruits	Home made soup  Chicken crunchy sandwich with fresh greens and fruits	Meatballs with spaghetti in tomato sauce and fruits
Lunch option 2	Pasta with vegetables and fruits  Mix salad	Stew with potatoes and vegies and fruits  Cabbage and carrot salad	Stewed beans and fruits  Cabbage mix salad	Veggie sandwiches and fruits  Mixed seasonal salad	Spaghetti with tomato sauce and fruits



Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Fresh carrot and cucumber with fresh dips, boiled egg and piece of bread, fruits	Home-made spinach pie	French toast with jam and/or cheese, fruits	Crunchy bread with yellow cheese and herbs in oven	Pancakes
Lunch option 1	Pasta mixed with seasonal vegetables and pasta with tomato sauce	Carrot soup  Fish crunchy sandwiches with seasonal salad	Seasonal soup  Stew with chicken and seasonal veggies and rice	Vegetable soup  Roasted chicken legs with meshed potatoes with parsley	Hamburgers
Lunch option 2	Pasta mixed with seasonal vegetables and pasta with tomato sauce  Mixed salad	Veggie sandwiches  Cabbage salad with carrots and cucumbers	Veggies stew with rice  Mix salad	Meshed potatoes with parsley and vegi-balls  Cabbage salad	Vegi-burgers



Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Crunchy bread with yellow cheese and herbs in oven	Pancakes	Home made spinach pie	Home-made pastry, cheese, fruits	French toast, jam, fruits
<b>Lunch option 1</b>	Carbonara pasta Fruits	Beans Fruits	Seasonal soup Meatballs in sauce and spaghetti Fruits	Flavored chicken sandwich with seasonal veggies and yellow chasseur Fruits	Vegetable soup Roasted chicken legs with meshed potatoes with parsley Fruits
<b>Lunch option 2</b>	Tomato sauce pasta Fruits  Mixed salad	Beans Fruits  Cabbage salad	Spaghetti with tomato source and veggies Fruits Mix salad	Veggies sandwich with yellow cheese Fruits	Meshed potatoes with parsley and roasted vegetables Fruits Cabbage salad