



ILG – February 2019

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Sandwich with fresh crème, boiled egg, Fruit	Pancakes with jam Fruit	French toast, white cheese, Fruit	Fresh pastries, jam/white cheese Fruit	Spinach pie
Lunch Option 1	Mixed-Veggies soup Spaghetti with Bolognese sauce Mixed salad	Home-made chicken soup Roasted chicken legs with mashed potatoes Mix salad	Broccoli soup Roasted vegetables and meat dish with rice on side Cabbage and carrot salad	Meat balls with potato mash Cabbage salad	Fish pieces prepared with bread crumbs and eggs with rice mixed with veggies Veggies stew with rice Mix salad
Lunch Option 2	Spaghetti with tomato sauce, prepared with parmesan cheese	Vegetable soup Mixed grilled vegetables with herbs and cheese topping, served with potatoes	Vegetable risotto served with fresh salad	Vegetable balls served mashed potatoes	Potato and vegetable crockets served with rice fresh salad



Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	French toast, white cheese or jam, fruit	Pancakes Fruit	Cheese and herbs pie, fruit	Carrot and cucumber sticks, fresh dip, boiled eggs, bread	Milk crème with rice and cinnamon, carrots Fruit
Lunch Option 1	Pasta carbonara Mix salad	Green peas with minces meat and veggies Mixed seasonal salad	Chicken sandwich with grilles cheese Cabbage and carrot salad	Home-made chicken soup Rice, meat and spinach dish in the oven Cabbage mix salad	Spinach soup Potato and minced meat dish in the oven – Musaka
Lunch Option 2	Pasta with spinach pesto prepared with parmesan cheese	Risotto with green peas and vegetables, served with fresh salad	Grilled vegetables and cheese sandwich, served with salad	Rice and spinach dish in the oven served with fresh salad	Baked potatoes with vegetables, topped with cheese



Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday HAPPY
Snack	Carrots and cucumber sticks, fresh dip, boiled eggs, bread	Pancakes, jam, fruits	French toast, white cheese, fruit	Salty crackers, yellow cheese, fruit	Apple pie
Lunch Option 1	Spaghetti with Bolognese sauce Mixed salad	Fish pieces prepared with bread crumbs and eggs with rice mixed with veggies Mix salad	Home-made chicken soup Chicken breast prepared in FRESA sauce served with baked potatoes with herbs Mixed salad	Roasted chicken legs with potato mash or rice and mixed cooked vegetables Cabbage salad with carrots and cucumbers	Hamburgers
Lunch Option 2	Spaghetti with tomato sauce and parmesan cheese	Potato and vegetable crockets, served with rice	Baked potatoes, grilled vegetables , served with fresh salad	Vegetable stew served with mashed potatoes and fresh salad	Vegi-burgers



Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	French toast, white cheese, fruit	Pancakes, jam, fruit	Sandwiches with crème cheese and fresh greens, fruit	Tomato and grilled cheese bruschetta, fruits	Carrot and cucumber sticks, boiled eggs
Lunch Option 1	Pasta carbonara	Spinach soup Potato and minced meat dish in the oven – Musaka	Chicken breast coated in breadcrumbs and eggs served rice and vegetables	Home-made chicken soup Meat balls in tomato sauce served with mashed potatoes Cabbage salad with carrots and cucumbers	Chicken sandwich with grilled cheese Vanilla crème as a desert
Lunch Option 2	Vegetable pasta	Vegetable musaka	Vegetable crockets served with rice and fresh salad	Veggie-balls served with masged potatoes and salad	Vegi-sandwich with grilled cheese



ENJOY!

HELLO
FEBRUARY