

MENU

OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 - Salad - Tuna Pasta - Fruit	2 - Egg and Potato Salad - Chicken - Yogurt	3 - Cucumber and Dip - Baked Fish - Potatoes - Fruit	4 - Greek Salad - Chicken Gyro Tacos - Banana Bread	5
6	7 -Carrot Soup - Grilled Chicken - Tabbouleh -Yogurt	8 - Mixed Salad - Tartiflette - Turkey Stew - Fruit	9 -Salad - Ratatouille - Mashed Potatoes - AppleSauce	10 - Shredded Carrots - Spinach Quiche - Veggies - Fruit	11 - French Fries - Steak au Poivre - Chocolate Cake	12
13	14 - Mixed Salad - Zucchini Farcies - Potatoes -AppleSauce	15 - Carrots and Dip - Shrimp Pasta - Asparagus -Fruit	16 -Tomato Salad -Lasagna -Veggies -Yogurt	17 - Peach Salad - Poisson en Papillote -Quinoa - Fruit	18 - Salad - Chicken Fricassee -Rice - Cookies and Cream Mousse	19
20	21 - Cucumber Salad - Meatballs - Rice - Yogurt	22 - Mixed Salad - Tuscan Chicken - Gratin Potatoes -Fruit	23 - Salad - Eggplant Milanesa - Balsamic Carrots -AppleSauce	24 - Avocado Salad - Fish - Rice - Fruit	25 -Caesar Salad - Bolognese Pasta - Bread - Cookies	26
27	28 - Mixed Salad - Burrata Sandwich - Veggies - AppleSauce	29 - Tomato Salad -Epinards Oeufs with Bechamel -Veggies -Fruit	30 -Pear Salad -Salmon -Rice -Yogurt	31 - Salad - Hachis Parmentier -Veggies -Fruit		

