

# Winter menu

Month: December 2025



		Monday	Tuesday	Wednesday	Thursday	Friday
AM		Wholegrains cereals	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits
		01	02	03	04	05
Regular		Vegan dahl Served with rice	Chicken alfredo pasta With spinach	Minestrone soup Wholewheat bread	Veal & cheese tortellini mushroom & tomato sauce	Turkey meatloaf mashed potato & carrots
Vegetarian		Vegan dahl Served with rice	Vegan Alfredo pasta With spinach	Minestrone soup Wholewheat bread	cheese tortellini mushroom & tomato sauce	Vegan meatless balls mashed potato & carrots
Vegan		Vegan dahl Served with rice	Vegan Alfredo pasta With spinach	Minestrone soup Wholewheat bread	Vegan pasta gratiné mushroom & tomato sauce	Vegan meatless balls mashed potato & carrots
Dessert		Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack		Mini croissant cream cheese	Pita & hummus	Crudités & cesar dip	Wholwheat crackers & cheese	Banana muffin
		08	09	10	11	12
Regular		Cream of broccoli soup With half grilled cheese Wholewheat bread	Oven baked ground turkey lasagnette	Fish sticks Rice & macedoine	Chicken & eggplant stew With couscous	Meat shepperds pie
Vegetarian		Cream of broccoli soup With half grilled cheese With half grilled cheese	Oven baked ground tofu lasagnette	Fish sticks Rice & macedoine	Eggplant & chick peas stew With couscous	Lentils shepperds pie
Vegan		Cream of broccoli soup With Vegan grilled cheese	Oven baked ground tofu lasagnette	Vegan patty Rice & macedoine	Eggplant & chick peas stew With couscous	Lentils shepperds pie
Dessert		Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack		Crudités with Tzatziki	English muffin Tuna dip	Wholwheat crackers & cheese	Tortillas roll ups	Lemon madelaine
		15	16	17	18	19
Regular		Split pea soup With wholewheat bread	Beef macaroni gratiné Cheeseburger style	Thai rice with chicken Chop suey & pepper	Festive menu	Cheese pizza served with crudités
Vegetarian		Split pea soup With wholewheat bread	Macaroni & cheese gratiné	Thai rice with tofu Chop suey & pepper		Cheese pizza served with crudités
Vegan		Split pea soup With wholewheat bread	Macaroni & vegan cheese	Thai rice with tofu Chop suey & pepper		Vegan cheese pizza served with crudités
Dessert		Apple sauce	Fresh fruits	Gelatin free yogurt		Gelatin free yogurt
PM Snack		Brown rice cake & hummus	Half bagel Cream cheam	Wholwheat crackers & cheese		Blueberry & bran muffin
		22	23	24	25	26
Regular		Chicken & noodles soup with alphabet pasta Wholewheat bread	Shell pasta, broccoli Tomato sauce & parmesan	Fermé	Fermé	Fermé
Vegetarian		Chick peas & noodles soup with alphabet pasta Wholewheat bread	Shell pasta, broccoli Tomato sauce & parmesan			
Vegan		Chick peas & noodles soup Wholewheat bread	Shell pasta, broccoli With vegan cheese			
Dessert		Apple sauce	Fresh fruits			
PM Snack		Breton & guacamole	Mini croissant cream cheese			
		29	30	31	01	02
Regular		Fermé	Fermé	Fermé	Fermé	Beef chili Served with pita bread
Vegetarian						Three beans chili Served with pita bread
Vegan						Three beans chili Served with pita bread
Dessert						Gelatin free yogurt
PM Snack						Blueberry scone