

Winter menu - CPE Narnia

Month: February 2026



Monday		Tuesday		Wednesday		Thursday		Friday	
AM Snack	Wholegrains cereals		Fresh fruits		Fresh fruits		Fresh fruits		Fresh fruits
	02		03		04		05		06
Regular	Cream of broccoli soup With half grilled cheese		Ouen baked ground turkey lasagnette		Eggplant & chick peas stew With couscous		Salmon fillet Rice & macedoine		Meat shepperds pie with corn
Vegetarian	Cream of broccoli soup With half grilled cheese		Ouen baked ground tofu lasagnette		Eggplant & chick peas stew With couscous		Salmon fillet Rice & macedoine		Lentils shepperds pie with corn
Vegan	Cream of broccoli soup With vegan grilled cheese		Ouen baked ground tofu lasagnette		Eggplant & chick peas stew With couscous		Vegan patty Rice & macedoine		Lentils shepperds pie with corn
Dessert	Apple sauce		Fresh fruits		Gelatin free yogurt		Fresh fruits		Gelatin free yogurt
PM Snack	Crudités with Tzatziki		English muffin Tuna spread		Pita & hummus		Wholwheat crackers & cheese		Oats & carrots muffin
	9		10		11		12		13
Regular	Split pea soup With wholewheat bread		Beef macaroni gratiné Cheeseburger style & Vegetables of the day		Thai rice with chicken Chop suey & green beans		Veal tortellini mushroom & tomato sauce		Beef chili Served with pita bread
Vegetarian	Split pea soup With wholewheat bread		Macaroni & cheese gratiné & Vegetables of the day		Thai rice with tofu Chop suey & green beans		Cheese tortellini mushroom & tomato sauce		Three beans chili Served with pita bread
Vegan	Split pea soup With wholewheat bread		Macaroni & vegan cheese & Vegetables of the day		Thai rice with tofu Chop suey & green beans		Vegan pasta gratiné mushroom & tomato sauce		Three beans chili Served with pita bread
Dessert	Apple sauce		Fresh fruits		Gelatin free yogurt		Fresh fruits		Gelatin free yogurt
PM Snack	Brown rice cake & wow butter		Half bagel Cream cheese		Home made granola bites		Wholwheat crackers & cheese		❤️ Valentine ❤️ Special snack
	16		17		18		19		20
Regular	Chicken & noodles soup with alphabet pasta Wholewheat bread		Shell pasta, broccoli Tomato sauce & parmesan Vegetable of the day		Vegan mexican rice with miced tofu & bean		Meat loaf Mashed potatoe & carrots		Ground turkey pizza served with crudité
Vegetarian	Chick peas & noodles soup with alphabet pasta Wholewheat bread		Shell pasta, broccoli Tomato sauce & parmesan Vegetable of the day		Vegan mexican rice with miced tofu & beans		Vegan lentils patties Mashed potatoe & carrots		Cheese pizza served with crudité
Vegan	Chick peas & noodles soup Wholewheat bread		Shell pasta, broccoli With vegan cheese		Vegan mexican rice with miced tofu & beans		Vegan lentils patties Mashed potatoe & carrots		Vegan cheese pizza served with crudité
Dessert	Apple sauce		Fresh fruits		Gelatin free yogurt		Fresh fruits		Gelatin free yogurt
PM Snack	Breadsticks & guacamole		Mini cheese quiche		Crudités & eggs salad dip		Wholwheat crackers & cheese		Oat & raisins galettes
	23		24		25		26		27
Regular	Cream of carrot soup With half grilled cheese		Meat sauce Spaghetti Vegetable of the day		Basa fillet Mashed potato & peas		Baked turmeric rice with lentils & veggies		Hearty chicken pie with potatoes & veggies
Vegetarian	Cream of carrot soup With half grilled cheese		Minced tofu Spaghetti Vegetable of the day		Basa fillet Mashed potato & peas		Baked turmeric rice with lentils & veggies		Hearty chick peas, potato vegetables pie
Vegan	Cream of carrot soup With half grilled cheese		Minced tofu Spaghetti Vegetable of the day		Chick peas stew Mashed potato & peas		Baked turmeric rice with lentils & veggies		Hearty chick peas, potato vegetables pie
Dessert	Apple sauce		Fresh fruits		Gelatin free yogurt		Fresh fruits		Gelatin free yogurt
PM Snack	Wholwheat crackers & cheese		Pita & hummus		Waffles & wow butter		Crudités & hard-boiled eggs		Blueberry scone