

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	Oven 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	Oven 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	Oven 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	Wholewheat 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	Wholewheat 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 crudités
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 crudités
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 crudités
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack	Breadsticks & guacamole	Mini cheese quiche	Crudités & eggs salad dip	Wholewheat 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	Wholewheat crackers & cheese	Pita & hummus	Waffles & wow butter	Crudités & hard-boiled eggs	Blueberry scone