

ELC Menu March, 2020

	Monday, 2	Tuesday, 3	Wednesday, 4	Thursday, 5	Friday, 6
Snack	Rice porridge, fruit	Pancakes, fruit	Pumpkin cake, fruit	Cottage cheese blocks, fruit	Savory toast, fruit
Lunch	Soup Cheese pasta Vegetables	Fruit Beef stroganoff w/ baked potato Vegetables	Fruit Fajitas (chicken) Vegetables	Fruit Plov Vegetables	Fruit Chicken on skewers w/ vegetables
Afternoon Snack	Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & yogurt
	Monday, 9	Tuesday, 10	Wednesday, 11	Thursday, 12	Friday, 13
Snack	<i>Women's Day</i> <i>No classes</i>	Oat porridge, fruit	Cheese straws, fruit	Omelet, fruit	Scones, fruit
Lunch		Fruit Beef "Ali Qushji" w/ farmer potatoes Vegetables	Fruit Chicken burger Vegetables	Fruit Chicken nuggets w/ rice Vegetables	Fruit Grilled sausages w/ French fries Vegetables
Afternoon Snack		Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & pastry
	Monday, 23	Tuesday, 24	Wednesday, 25	Thursday, 26	Friday, 27
Snack	<i>Navruz</i> <i>No classes</i>	Cornflakes & milk, fruit	Carrot cake, Fruit	Cinnamon rolls Fruit	Oatmeal cookies, fruit
Lunch		Fruit Baked chicken thigh with potato Vegetables	Shredded beef tacos Vegetables	Chicken wings in soya sauce w/ rice Vegetables	Soup Pizza Vegetables
Afternoon Snack		Fruit & pastry	Fruit & pastry	Fruit & pastry	Fruit & yogurt
	Monday, 30	Tuesday, 31			
Snack	Rice porridge, Fruit	Cottage cheese blocks, fruit			
Lunch	Fruit Spaghetti Bolognese Vegetables	Fruit Chicken Kiev w/ mashed potato Vegetables			
Afternoon Snack	Fruit & pastry	Fruit & pastry			