

## AVENOR COLLEGE MENU: MAY 27<sup>TH</sup> - 31<sup>ST</sup>

### Nursery

Day	Menu without Meat	Meat Menu
<b>Monday</b>	<p><b>Lunch:</b> Cream of tomato soup with croutons Lentil stew and baked root vegetables Baby spinach salad Wheat bread</p> <p><b>Snack:</b> Greek yoghurt and Granola</p>	<p><b>Lunch:</b> Chicken broth Grilled chicken breast and baked root vegetables Baby spinach salad Wheat bread</p> <p><b>Snack:</b> Greek yoghurt and Granola</p>
<b>Tuesday</b>	<p><b>Lunch:</b> Vegetable Noodle soup Grilled zander and bulgur with vegetables Mixed green salad with seeds Wheat bread</p> <p><b>Snack:</b> Bicolour sponge cake and orange</p>	<p><b>Lunch:</b> Vegetable Noodle soup Grilled zander and baked potatoes with butter Mixed green salad with seeds Wheat bread</p> <p><b>Snack:</b> Bicolour sponge cake and orange</p>
<b>Wednesday</b>	<p><b>Lunch:</b> Dumpling soup Pitta bread with hummus and rice with vegetables Tomato, cucumber and onion salad Wheat bread</p> <p><b>Snack:</b> Greek yoghurt and banana</p>	<p><b>Lunch:</b> Turkey broth with sour cream Turkey skewers and rice with vegetables Tomato, cucumber and onion salad Wheat bread</p> <p><b>Snack:</b> Greek yoghurt and banana</p>
<b>Thursday</b>	<p><b>Lunch:</b> Cream of Vegetable soup with croutons Spinach tart with cheese and eggs and mashed vegetables Beet salad Wheat bread</p> <p><b>Snack:</b> Apple &amp; cinnamon pie and pear</p>	<p><b>Lunch:</b> Veal broth with meat balls Oven beef with mashed vegetables Beet salad Wheat bread</p> <p><b>Snack:</b> Apple &amp; cinnamon pie and pear</p>
<b>Friday SIMPLY VEGETARIAN</b>	<p><b>Lunch:</b> Vegetable broth Pasta Quattro Formaggi Greek salad Wheat bread</p> <p><b>Snack:</b> Cheese and vegetable wrap and apple</p>	<p><b>Lunch:</b> Vegetable broth Pasta Quattro Formaggi Greek salad Wheat bread</p> <p><b>Snack:</b> Cheese and vegetable wrap and apple</p>