



AVENOR COLLEGE MENU: OCTOBER 19TH – 23RD

Nursery

| Day | Menu without Meat | Meat Menu |
|---|---|---|
| Monday | <p>Lunch: Cream of vegetable soup with croutons Oven baked aubergine</p> <p style="text-align: center;">Coban salad Wheat bread</p> <p>Snack: Yoghurt and corn flakes</p> | <p>Lunch: Chicken soup with noodles Oven chicken legs with mozzarella and green beans stew Coban salad Wheat bread</p> <p>Snack: Yoghurt and corn flakes</p> |
| Tuesday | <p>Lunch: Cream of mushroom soup Pasta Quattro Formaggi Vegetables sticks Wheat bread</p> <p>Snack: Cherry sponge cake and grapes</p> | <p>Lunch : Cream of mushroom soup Pasta with salmon and cheese sauce Vegetables sticks Wheat bread</p> <p>Snack: Cherry sponge cake and grapes</p> |
| Wednesday | <p>Lunch: Vegetable broth with whipped eggs Zucchini quiche Vegetable salad Wheat bread</p> <p>Snack: Sandwiches with cheese and tomatoes and orange</p> | <p>Lunch: Turkey broth with meat balls Oven turkey with baked vegetables Vegetable salad Wheat bread</p> <p>Snack: Sandwiches with cheese and tomatoes and orange</p> |
| Thursday | <p>Lunch: Green bean broth Pita bread with hummus and vegetable skewers Lebanese salad Wheat bread</p> <p>Snack: Yoghurt and banana</p> | <p>Lunch: Veal broth Beef meat balls with tomato sauce and mashed vegetables Lebanese salad Wheat bread</p> <p>Snack: Yoghurt and banana</p> |
| Friday SIMPLY VEGETARIAN | <p>Lunch: Cream of carrot soup with croutons Bulz țărănesc (polenta with cheese and eggs) Vegetables sticks Wheat bread</p> <p>Snack: Cheese cake and apple</p> | <p>Lunch: Cream of carrot soup with croutons Bulz țărănesc (polenta with cheese and eggs) Vegetables sticks Wheat bread</p> <p>Snack: Cheese cake and apple</p> |