

Every meal consists of :

- Baguette
- An appetizer
- **Main course (2 options)**
- A dessert

|  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|---|--|
| Week of<br>05 - 09<br>Vegetarian<br>Menu | Tomato bruschetta<br><br>Bean patty, potatoes<br>and cauliflower<br><br>watermelon   | Manu of the day   | Vegetables spring roll<br><br>vegetarian tagine<br>( bean, zucchini, carrot,<br>etc )<br><br>grapes                                 | Cucumber, tomato and<br>corn salad<br><br>Cheese omelette, hash<br>brown potatoes, green<br>bean<br><br>Brownie | Tomato and olive<br>focaccia<br><br>Tempura Tofu and<br>vegetable , vegetable<br>Butter rice and salad<br><br>mix berry sorbet |
| Week of<br>05 - 09<br>Vegetarian<br>Menu | Pesto and cheese<br>palmier<br><br>vegetarian fried<br>noodle, Egg<br>Fresh tomato<br><br>Galette de rois                            | Miso soup<br><br>Tomato and pesto<br>spaghetti<br>green salad<br><br>Cookies and milk                         | vegetable lumpia<br><br>Egg, tempe and tofu<br>kalio, coconut rice,<br>cucumber<br><br>Apple crumble                                | Waldorf salad<br><br>Vegetable egg ramen<br><br>Fresh strawberry  | Ascension of the<br>Prophet  |
| Week of<br>05 - 09<br>Vegetarian<br>Menu | Greek salad feta<br><br>Mediterranean<br>Vegetables & Bean<br>Roasted potatoes,<br>tomatoes<br><br>Banana                            | Lentil and tomato salad<br><br>egg foo young,<br>cantonese fried rice ,<br>cucumber<br><br>Banana muffin cake | Grated carrots<br><br>Vegetarian cacciatore<br>(zucchini, mushroom,<br>Tofu Sutra)<br>Bulgur with tomatoes<br><br>Roasted pineapple | Tzatziki<br><br>Vegetarian Cheese<br>burger,<br>French fries and salad<br><br>Apple pie                         | Perkedel kentang<br><br>Marinara Gnocchi .<br>green salad<br><br>honeydew melon  |
| Week of<br>05 - 09<br>Vegetarian<br>Menu | Mexican salad<br><br>Carne asada (tofu,<br>mushroom and bean),<br>salsa<br>Mexican rice<br><br>Ice cream chocolate w/<br>choco chips | French onion soup<br>with garlic bread<br><br>Vegetable cheese<br>kebab<br><br>fruit season                   | Corn, tomato and<br>avocado salad<br><br>Vegetarian Croque<br>monsieur (egg &<br>cheese), green salad<br><br>Crème brûlée           | Cold Pasta salad<br><br>Vegan teppanyaki,<br>yakimeshi<br><br>Grapes  | Italian salad<br><br>Vegetables pizza,<br>salad<br><br>Homemade potato<br>Donut  |

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|--|---|--|---|--|---|
| Week of<br>02 - 06<br>Vegetarian<br>Menu | Pumpkin Cream soup with/ crouton<br><br>Egg rendang, rice uduk, cucumber<br><br>Fruit skewer with choco | Pan con tomate<br><br>Vegan Rice noodle Pho<br><br>Strawberry sorbet | Japan green salad with sesame lime dressing<br><br>Vegetables & Tofu katsu, rice and salad<br><br>Roll cake chocolate | Macaroni Cucumber salad<br><br>Creamy garlic Vegetables , Omelette & polenta<br><br>Sliced oranges | Mini cheese and vegetable skewers Grilled<br><br>Turkish Vegetarian stir-fry, couscous<br><br>Cream Chocolate |
| Week of<br>09-13<br>Vegetarian<br>menu   | Caesar salad<br><br>Vegetarian hot-dog, cauliflower gratin<br><br>Fruit                                 | Mini cheese pizza<br><br>Vegetarian yaki udon fruit salad            | Corn with butter<br><br>Vegetarian risoni, green salad<br><br>Tiramisu  | Menu of the day  | Cheese Croquettes<br><br>Tamagoyaki, Vegetarian Nigiri & Sushi<br><br>Sliced Pineapple                        |
| Week of<br>16-20<br>Vegetarian<br>menu   | Winter Break  | Winter Break   | Winter Break  | Winter Break   | Winter Break  |
| Week of<br>23-27<br>Vegetarian<br>menu   | Winter Break  | Winter Break   | Winter Break  | Tomato Bruschetta<br><br>Mushroom Cream Cheese Fettuccine, Green Salad<br><br>Marble Cake          | Carrot and jicama salad<br><br>Bean and cheese quesadilla, green salad<br><br>mini banana with choco          |