

ELC February Menu

				February 1	February 2
Morning Snack				Pancakes with jam	Bread with cheese
Lunch				Soup Plov	Soup Pizza
Afternoon snack				Salad	Salad
				Fruit& veg	Fruit& veg
	February 5	February 6	February 7	February 8	February 9
Morning Snack	Cheese straws	French toast	Yoghurt with fruit	Italian apple pie	Cottage cheese cookies
Lunch	Soup Butternut squash macaroni cheese, Salad	Soup Beef stroganoff with rice Salad	Soup Chicken with baked potato Salad	Soup Shavla Salad	Soup Rolled lavash Salad
Afternoon Snack	Fruit & Veg	Fruit & Veg	Fruit & Veg	Fruit & Veg	Fruit & Veg
	February 12	February 13	February 14	February 15	February 16
Morning Snack	Lemon cookies	Cornflakes	Pumpkin cake	Bread & cheese	Asian New Year
Lunch	Soup Pasta bolognaise Salad	Soup Mixed beans w/ rosemary, rice & chicken Salad	Soup Chicken stroganoff mashed potato Salad	Soup Zucchini & beef meatballs with rice Salad	
Afternoon Snack	Fruit & Veg	Fruit & Veg	Fruit & Veg	Fruit & Veg	
	February 19	February 20	February 21	February 22	February 23
Morning Snack	Persimmon cookies	Yoghurt with fruit	Focaccia with cheese	Banana bread	Cottage cheese cake
Lunch	Soup Macaroni cheese Salad	Soup Beef patty, cauliflower fritters & rice Salad	Soup Chicken with potato butternut squash tots Salad	Soup Plov Salad	Soup Pizza Salad
Afternoon Snack	Fruit & Veg	Fruit & Veg	Fruit & Veg	Fruit & Veg	Fruit & Veg
	February 26	February 27	February 28		
Morning Snack	Oat cookies	Cornflakes	Plum cake		
Lunch	Soup Chicken & broccoli w/ pasta Salad	Soup Chicken nuggets & rice Salad	Soup Potato & beef rissole with veg Salad		
Afternoon snack	Fruit & Veg	Fruit & Veg	Fruit & Veg		