

October 2024

<p>Monday 30</p>	<p>Tuesday 1</p> <p>Main course</p> <ul style="list-style-type: none"> • Chicken Sausages • Special MERENDA Brunch • Porc Souvlaki • Fish Pucks • Garden Salad with Tuna • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Raspberry oatmeal Cookie • Raw Vegetables 	<p>Wednesday 2</p> <p>Main course</p> <ul style="list-style-type: none"> • Shepherd's Pie • Chicken Fried Chinese Rice • Nachos Pasta Gratin • VEGE Shepherd's Pie • Turkey & Cheese Baguet • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Fresh Fruits • Raw Vegetables 	<p>Thursday 3</p> <p>Main course</p> <ul style="list-style-type: none"> • Pizzagheti • Meatball Stew • Chicken Cacciatore • Veggie Meatball Stew • Pearl couscous salad • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Yoghurt Tube • Raw Vegetables 	<p>Friday 4</p> <p>Main course</p> <ul style="list-style-type: none"> • Hamburger • Beef Couscous • English Muffin Egg /Cheese • Veggie Burger • Turkey & Cheese Baguet • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Granola bar • Raw Vegetables
<p>Monday 7</p> <p>Main course</p> <ul style="list-style-type: none"> • Butter chicken • Hamburger Steak • Croque-Ado Sandwich • Cheese Tortellini rosé sce • DUO Chicken salad wrap & pasta salad • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Yoghurt Tube • Raw Vegetables 	<p>Tuesday 8</p> <p>Main course</p> <ul style="list-style-type: none"> • Crispy Chicken Burger • Beef and Carrots Stew • Chinese Macaroni & Chicken • Pasta and white fish stir-fry • Tortellini & Vegetables Salad • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Apple-blueberry sauce • Raw Vegetables 	<p>Wednesday 9</p> <p>Main course</p> <ul style="list-style-type: none"> • Swedish meatballs • Pizza BBQ chicken • Ham & Eggs Benedict • Swedish VEGE meatballs • DUO Chicken salad wrap & pasta salad • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Oatmeal raisin cookie • Raw Vegetables 	<p>Thursday 10</p> <p>Main course</p> <ul style="list-style-type: none"> • General Tao Chicken • Turkey & Cheese Bagel • Beef burrito - New! • Veracruz Fish • Chicken Cesar Salad • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Fresh Fruits • Raw Vegetables 	<p>Friday 11</p> <p>Main course</p> <ul style="list-style-type: none"> • Beef Pattati • Chicken Couscous and Vegetables • TEX-MEX Baguettine • Cheese sauce omelette • DUO Chicken salad wrap & pasta salad • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Banana Cake • Raw Vegetables
<p>Monday 14</p> <p>Main course</p> <ul style="list-style-type: none"> • Happy Thanksgiving • Happy Thanksgiving • Happy Thanksgiving • Happy Thanksgiving • Happy Thanksgiving • Happy Thanksgiving <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Happy Thanksgiving Day • Happy Thanksgiving Day 	<p>Tuesday 15</p> <p>Main course</p> <ul style="list-style-type: none"> • Chicken Nuggets • Fiesta Beef • Pasta rosée meat Sauce • Fish sticks • Fiesta Latino salad • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Molasse cookie • Raw Vegetables 	<p>Wednesday 16</p> <p>Main course</p> <ul style="list-style-type: none"> • Spaghetti Meatballs • HOT CHICKEN PLATE • English Muffin Egg /Cheese • Spag Veggie. Meatballs • DUO Ham salad sandwich & pasta salad • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Yoghurt Tube • Raw Vegetables 	<p>Thursday 17</p> <p>Main course</p> <ul style="list-style-type: none"> • Shepherd's Pie • Chicken Fajitas • Croque-Monsieur • VEGE Shepherd's Pie • Farfalles Chicken Greek Salad • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Apple Sauce • Raw Vegetables 	<p>Friday 18</p> <p>Main course</p> <ul style="list-style-type: none"> • Chicken mango wrap • Italian Meatloaf • Hamburger • Parmigiana Tofu • DUO Ham salad sandwich & pasta salad • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Fresh Fruits • Raw Vegetables
<p>Monday 21</p> <p>Main course</p> <ul style="list-style-type: none"> • Chinese Buffet • Gigi's Penne • Classic Submarine • Frittata with potatoes and vegetables • DUO Turkey tortilla & pasta salad • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Graham and flax sunshine cookie • Raw Vegetables 	<p>Tuesday 22</p> <p>Main course</p> <ul style="list-style-type: none"> • Tomato Sauce Lasagnette • Mexican Tortillas • Chicken Skillet Brocoli & Quinoa • Italian Fish • Macaroni salad with tuna • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Yoghurt Tube • Raw Vegetables 	<p>Wednesday 23</p> <p>Main course</p> <ul style="list-style-type: none"> • Beef Oriental Rice - New! • Pancake breakfast • Pizza Chicken Pesto • Vegetarian Couscous • DUO Turkey tortilla & pasta salad • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Fresh Fruits • Raw Vegetables 	<p>Thursday 24</p> <p>Main course</p> <ul style="list-style-type: none"> • Pasta meat sauce • Ham Pineapple sce • Chicken Quesadilla • Lemon & Dill fish filets • Pasta & ham salad • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Apple Cinnamon Cake • Raw Vegetables 	<p>Friday 25</p> <p>Main course</p> <ul style="list-style-type: none"> • Hamburger • Beef enchiladas pasta • Dijon Chicken • Veggie Burger • DUO Turkey tortilla & pasta salad • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Oatmeal dates cookie • Raw Vegetables

Monday	28	Tuesday	29	Wednesday	30	Thursday	31	Friday	1
<p>Main course</p> <ul style="list-style-type: none"> • Chicken strips gravy sauce • Korean beef • Beef Ravioli, Rose Sauce • Cold tuna salad burger • Ham and Cheese Bagel • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Fruit Salad • Raw Vegetables 		<p>Main course</p> <ul style="list-style-type: none"> • Creole chicken • TACOS Bowl • Breakfast pizza • Fish Florentine • OLE OLE mexican salad ! • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Yogourt Tube • Raw Vegetables 		<p>Main course</p> <ul style="list-style-type: none"> • Gourmet Pizza • Tandoori pasta • Pulled PorK Hamburger • VEGE burrito - New • Ham and Cheese Bagel • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Apple-strawberry sauce • Raw Vegetables 		<p>Main course</p> <ul style="list-style-type: none"> • Halloween • Meatballs Submarine • Egg and Ham Burrito • Spag Veggie. Meatballs • Patatoes and Tuna Salad • Mac & Cheese <p>Beverages</p> <ul style="list-style-type: none"> • Water - 500ml • Juice • Milk carton 2% <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Halloween dessert • Raw Vegetables 			