

# October 2024

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

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