



September Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Week 1
Sep.6- 8



Breakfast

- Boiled Eggs
- Cheese
- Bread with Butter and Jam
- Milk

Lunch

- Chicken Soup,
- Pasta with Butter
- Chicken Fillet
- Salad
- Fruits

Breakfast

- Bruschetta
- Milk, Tea

Lunch

- Fish Soup
- Risotto
- Salad
- Fruits

Breakfast

- Bread with Philadelphia
- Cheese
- Ham
- Cucumber
- Juice

Lunch

- Fish Soup
- Risotto
- Salad
- Fruits

Week 2
Sep.11-15

Breakfast

- Bruschetta
- Toast
- Juice

Lunch

- Creamy Vegetable Soup
- Peas with meat
- Risotto
- Yogurt
- Fruits

Breakfast

- Croissant with Chocolate
- Milk

Lunch

- Soup with rice, meat and lemon
- Chicken Wings
- Spinach lasagna
- Fruits

Breakfast

- Cereal
- Oats
- Milk
- Yogurt
- Fruits

Lunch

- Creamy Vegetable Soup
- Potato Soup with meat
- Pasta
- Salad
- Fruits

Breakfast

- Omelet
- Cheese
- Tomatoes
- Cucumbers
- Juice

Lunch

- Creamy Vegetable Soup
- Pods with meat
- Egg and cheese Pie
- Salad
- Fruits

Breakfast

- Bread with butter and jam
- Philadelphia
- Milk
- Juice

Lunch

- Creamy Vegetable Soup with meat
- Sandwich
- Meatballs
- Fruits
- Cake



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

- Whole-wheat Sandwich with ham, cheese and Philadelphia

Lunch

- Creamy Chicken Soup
- Pasta
- Chicken Fillet
- Salad
- Fruits

Breakfast

- Cornflakes
- Whole-wheat Biscuits
- Milk

Lunch

- Creamy Vegetable Soup
- Milan Risotto
- Meatballs
- Egg and Cheese Pie
- Mixed Salad
- Fruits

Breakfast

- Croissant with chocolate
- Milk

Lunch

- Oriental Soup
- Baked Rigatoni with Chicken and Vegetables
- Salad
- Fruits

Breakfast

- Pancakes with Honey, Jam or Cheese
- Milk
- Juice

Lunch

- Creamy broccoli soup
- Mixed Salad (arugula, tomatoes, cabbage, carrots)
- Beef rolls with potatoes and sauce
- Salad
- Fruits

Breakfast

- Bread with butter and jam, cheese
- Eggs
- Milk
- Juice

Lunch

- Orzo pasta soup
- Steamed vegetables
- Grilled Chicken Fillet with vegetables and broccoli sauce
- Cake
- Fruits

Breakfast

- Boiled Eggs
- Cheese
- Tomatoes
- Bread, butter and jam
- Milk
- Juice

Lunch

- Creamy Vegetable soup with meat broth
- Meatballs
- Salad
- Fruits

Breakfast

- Croissant with Chocolate
- Milk

Lunch

- Soup with rice, meat broth and lemon
- Baked Potatoes with Meat
- Salad
- Fruits

Breakfast

- Bruschetta
- Toast
- Milk
- Juice

Lunch

- Creamy Chicken Soup
- Fusilli with creamy sauce, mushrooms and bacon
- Fruits

Breakfast

- Cornflakes
- Oats
- Milk
- Yogurt
- Fruits

Lunch

- Creamy Fennel Soup
- Steamed Vegetables
- Lasagna Bolognese and milk cream
- Cake
- Fruits

Breakfast

- Whole-wheat bread with cream cheese ham, tomatoes and cucumbers

Lunch

- Oriental Soup
- Cannelloni with spinach and ricotta
- Steamed Vegetables
- Fruits

Week 3
Sep. 18-22

Week 4
Sep. 25-29