



SCHOOL MENU

WEEK I

	BREAKFAST	BRUNCH	LUNCH	PM SNACK
MON	Fresh Fruits Oatmeal with Apple Milk / Water / Tea	Fresh Fruits Yoghurt / Cookies Milk / Water / Juice	Roasted Veggies with Chicken Salad	Berries, Pancakes Honey/ Sour Cream Milk / Water / Juice
TUE	Fresh Fruits Cereal with Milk Milk / Water / Tea	Fresh Fruits Madeleine Cookies Milk / Water / Juice	Cutlets with Buckwheat Salad	Berries, Croissant Cream cheese / Jam Water / Juice
WED	Fresh Fruits Buckwheat with Milk Milk / Water / Tea	Fresh Fruits Palmier Cookies Milk / Water / Juice	Fish with Jasmine Rice Salad	Berries Bun with Cheese Milk / Water / Juice
THU	Fresh Fruits Rice Porridge with Milk Milk / Water / Tea	Fresh Fruits Muffin Milk / Water / Juice	Borsch Bread, Sour Cream Salad	Fresh Berries Apple OR Meat Pie Milk / Water / Juice
FRI	Fresh Fruits Bagel with Cheese / Jam Milk / Water / Tea	Fresh Fruits Crackers Milk / Water / Juice	Pilaf with Chicken OR Veggies Salad	Berries, Yoghurt Banana Bread Milk / Water / Juice

*Metaphor School is a nut and pork free zone.

**Vegetarian and gluten free menu is available upon request.

Fruit of the day: apple, pear, banana, tangerine, fruit cup.

Berry of the day: strawberry, raspberry, blackberry, blueberry, watermelon, cantaloupe, grape.



SCHOOL MENU

WEEK II

	BREAKFAST	BRUNCH	LUNCH	PM SNACK
MON	Fresh Fruits Oatmeal with Apple Milk / Water / Tea	Fresh Fruits Yoghurt / Cookies Milk / Water / Juice	Chicken Noodle OR Vegetable Soup Bread & Butter, Salad	Berries, Pancakes Honey / Sour Cream Milk / Water / Juice
TUE	Fresh Fruits Cereal with Milk Milk / Water / Tea	Fresh Fruits Madeleine Cookies Milk / Water / Juice	Meatballs with Buckwheat Salad	Berries, Cheese Sandwich, Jam Milk / Water / Juice
WED	Fresh Fruits Buckwheat with Milk Milk / Water / Tea	Fresh Fruits Palmier Cookies Milk / Water / Juice	Fish with Jasmine rice Salad	Fresh Berries Egg, Tomato Water / Juice
THU	Fresh Fruits Rice Porridge with Milk Milk / Water / Tea	Fresh Fruits Apple Pie Milk / Water / Juice	Borsch Bread, Sour cream Salad	Fresh Berries Berry OR Meat Pie Milk / Water / Juice
FRI	Fresh Fruits Bagel with Cheese / Jam Milk / Water / Tea	Fresh Fruits Cookies Milk / Water / Juice	Pasta with Chicken OR Cheese Salad	Berries, Muffin Apple Sauce Milk / Water / Juice

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Fruit of the day: apple, pear, banana, tangerine, fruit cup.

Berry of the day: strawberry, raspberry, blackberry, blueberry, watermelon, cantaloupe, grape.