



## SCHOOL MENU WEEK I

	BREAKFAST	BRUNCH	LUNCH	PM SNACK
<b>MON</b>	Fruits Oat Brans with Strawberry Milk / Water / Tea	Fruits Yoghurt / Cheese Stick / Cookies Milk / Water / Juice	Chicken Meatballs OR Cutlets with Pasta Salad Bread	Vegetable, Pancakes Honey/ Sour Cream Milk / Water / Juice
<b>TUE</b>	Fruits Cereal with Milk Milk / Water / Tea	Fruits Cookies Assortment Milk / Water / Juice	Stuffed Bell Peppers OR Cabbage Rolls with Buckwheat Salad Bread	Apple Sauce, Croissant Cream Cheese / Jam Water / Juice
<b>WED</b>	Fruits Buckwheat with Milk Milk / Water / Tea	Fruits Palmier Pastry Milk / Water / Juice	Fish of the Day Jasmine Rice Salad Bread	Berries Bun with Cheese Milk / Water / Juice
<b>THU</b>	Fruits Rice Porridge Milk / Water / Tea	Fruits Muffin Milk / Water / Juice	Borsch Sour Cream Salad Bread	Berries Pastry Milk / Water / Juice
<b>FRI</b>	Fruits Bagel with Cheese / Jam Milk / Water / Tea	Fruits Crackers Milk / Water / Juice	Pilaf with Chicken OR Veggies Salad Bread	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
<b>MON</b>	Fruits Oat Brans with Strawberry Milk / Water / Tea	Fruits Yoghurt / Cheese Stick / Cookies Milk / Water / Juice	Chicken Noodle OR Vegetable Soup Bread & Butter Salad Bread	Berries, Pancakes Honey / Sour Cream Milk / Water / Juice
<b>TUE</b>	Fruits Cereal with Milk Milk / Water / Tea	Fruits Cookies Assortment Milk / Water / Juice	Stuffed Bell Peppers OR Cabbage Rolls with Buckwheat Salad Bread	Berries, Cheese Sandwich, Jam Milk / Water / Juice
<b>WED</b>	Fruits Buckwheat with Milk Milk / Water / Tea	Fruits Palmier Pastry Milk / Water / Juice	Fish of the Day Jasmine Rice Salad Bread	Berries Bread, Egg, Cherry Tomato Water / Juice
<b>THU</b>	Fruits Rice Porridge Milk / Water / Tea	Fruits Muffin Milk / Water / Juice	Borsch Sour Cream Salad Bread	Berries, Crepes / Pancakes with Jam Milk / Water / Juice
<b>FRI</b>	Fruits Bagel with Cheese / Jam Milk / Water / Tea	Fruits Crackers Milk / Water / Juice	Pasta Bolognese Shredded Cheese Salad Bread	Berries, Waffles 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.