

January 2019



Elementary School

www.tjeerdsplace.nl

Please note that your child can choose between the vegetarian or the non-vegetarian option.
Brown bread sandwiches with ham, salami, cheese, egg and tuna can be served instead of hot lunch.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>Staff workday</p>	<p>8</p> <p>Pasta with Bolognese Sauce (H) Or Cheese sauce Cucumber/carrot sticks Yoghurt or Fresh Fruit</p>	<p>9</p> <p>Steamed Fish Or Omelet (V) Mashed Potatoes Mixed Vegetables Yogurt or Fresh Fruit</p>	<p>10</p> <p>Chicken Teriyaki Or Vega Teriyaki Rice Green Beans Yogurt or Fresh Fruit</p>	<p>11</p> <p>Chicken Fingers Or Vegetarian Nuggets Potato Wedges Sweet Corn Yogurt or Fresh Fruit</p>
<p>14</p> <p>Pasta with Napoli Sauce (H) Or Cheese sauce Cucumber/carrot sticks Yoghurt or Fresh Fruit</p>	<p>15</p> <p>Sliced Turkey Or Vega Schnitzel (V) Mashed Potato Peas and Carrots Yogurt or Fresh Fruit</p>	<p>16</p> <p>Fish Sticks Or Omelet (V) Steamed Rice Mixed Vegetables Yogurt or Fresh Fruit</p>	<p>17</p> <p>Chicken Drumsticks Or Veggie sticks Curry Egg noodles Mixed Vegetables Yogurt or Fresh Fruit</p>	<p>18</p> <p>Beef Sausage Or Vegetarian Sausage Potato Wedges Sweet Corn Yogurt or Fresh Fruit</p>
<p>21</p> <p>Pasta with Tomato Basil Sauce (H) Or Cheese sauce Cucumber/carrot sticks Yoghurt or Fresh Fruit</p>	<p>22</p> <p>Beef Sausage Or Cheese omelet Mashed Potato Broccoli Yogurt or Fresh Fruit</p>	<p>23</p> <p>Fish Schnitzel Or Vega Schnitzel Steamed Rice Mixed Vegetables Yogurt or Fresh Fruit</p>	<p>24</p> <p>Chicken Thigh Or Springroll (V) Noodles Green Beans Yogurt or Fresh Fruit</p>	<p>25</p> <p>Healthy Sticks Or Pizza Cheese (V) Yogurt or Fresh Fruit</p>
<p>28</p> <p>Chicken Schnitzel Or Vega Schnitzel Mashed Potato Broccoli Yogurt or Fresh Fruit</p>	<p>29</p> <p>Pasta with Bolognese Sauce (H) Or Cheese sauce Mixed Salad Yogurt or Fresh Fruit</p>	<p>30</p> <p>Steamed Fish Or Cheese Omelet (V) Mashed Potatoes Green Beans Yogurt or Fresh Fruit</p>	<p>31</p> <p>HALF DAY</p>	<p>Feb. 1</p> <p>Cheese Burger Or Vega Burger (V) Potatoes Corn Yogurt or Fresh Fruit</p>

All meals are served with a drink: water or milk
(H): halal option; (V): vegetarian option; Pasta: whole wheat

