

January 2019



Secondary School

www.tjeerdsplace.nl

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

(H): halal option; (V): vegetarian option; Pasta: whole wheat

