

# APRIL | ST PETER'S SCHOOL (Ovolactovegetarian)

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
HOLIDAY				HOLIDAY		HOLIDAY		HOLIDAY	
<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>	
1P RICE WITH HOMEMADE TOMATO SAUCE	1P RICE WITH HOMEMADE TOMATO SAUCE	1P COUS COUS WITH VEGETABLES (courgette and onion) ( 1, T6, T10 )	1P COUS COUS WITH VEGETABLES (courgette and onion) ( 1, T6, T10 )	1P HOMEMADE VEGETABLES & PASTA SOUP ( 1, 9, T6, T10 )	1P HOMEMADE VEGETABLES & PASTA SOUP ( 1, 9, T6, T10 )	1P ZUCCHINI CREAM	1P ZUCCHINI CREAM	2P TOFU STEW WITH CURRY ( 12, T1, T10 )	2P TOFU STEW WITH CURRY ( 12, T1, T10 )
2P SPINACH CROQUETTES ( 1, 7, T2, T3, T4, T6 )	2P SPINACH CROQUETTES ( 1, 7, T2, T3, T4, T6 )	2P CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato)	2P CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato)	2P GRILLED VEGGIE BURGER ( 1, 6 )	2P GRILLED VEGGIE BURGER ( 1, 6 )	GU DICED POTATOES WITH GARLIC AND PARSLEY	GU DICED POTATOES WITH GARLIC AND PARSLEY	PO FRESH FRUIT	PO FRESH FRUIT
GU SAUTEED PEAS	GU SAUTEED PEAS	GU SEASONED TOMATOES	GU SEASONED TOMATOES	GU LETTUCE WITH SWEET CORN AND BLACK OLIVES	GU LETTUCE WITH SWEET CORN AND BLACK OLIVES	PO FRESH FRUIT	PO FRESH FRUIT		
PO YOGURT ( 7 )	PO YOGURT ( 7 )	PO FRESH FRUIT	PO FRESH FRUIT	PO FRUTA DE TEMPORADA	PO FRUTA DE TEMPORADA				
<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>	
1P BOILED BROCCOLI WITH CARROTS	1P FRESH VEGETABLES	1P SAUTEED RICE ( sweet corn, peas and carrot)	1P SAUTEED RICE ( sweet corn, peas and carrot)	1P LEEKS CREAM	1P LEEKS CREAM	1P PASTA SALAD (tomato, green olives, sweet corn and oregano) ( 1, T6, T10 )	1P PASTA SALAD (tomato, green olives, sweet corn and oregano) ( 1, T6, T10 )	2P GRILLED VEGGIE SAUSAGES ( 1, 6 )	2P GRILLED VEGGIE SAUSAGES ( 1, 6 )
2P VEGGIEBALLS IN TOMATO SAUCE ( 6, 1 )	2P GRILLED PORK LOIN IN "CHIMICHURRI" SAUCE ( 12 )	2P FRIED EGGS & POTATOES ( 3 )	2P FRIED EGGS & POTATOES ( 3 )	2P GRILLED TOFU WITH SOY, HONEY AND SESAME SAUCE ( 1, 6, 11 )	2P GRILLED TOFU WITH SOY, HONEY AND SESAME SAUCE ( 1, 6, 11 )	GU SAUTEED BEANS WITH GARLIC AND PARSLEY	GU SAUTEED BEANS WITH GARLIC AND PARSLEY	PO FRESH FRUIT	PO FRESH FRUIT
GU SAUTED COUSCOUS ( 1, T6, T10 )	GU SAUTEED MUSHROOMS WITH OLIVE OIL	GU SEASONED TOMATOES	GU SEASONED TOMATOES	GU FRESH SALAD ( lettuce, tomato and sweet corn)	GU FRESH SALAD ( lettuce, tomato and sweet corn)				
PO FRESH FRUIT	PO VANILLA AND CHOCOLATE ICE CREAM ( 6, 7 )	PO FRESH FRUIT	PO FRESH FRUIT	PO FRESH FRUIT	PO FRESH FRUIT				
<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>	
1P RICE WITH VEGETABLES SAUCE	1P ZUCCHINI CREAM	1P BOILED BROCCOLI AND POTATOES	1P BOILED BROCCOLI AND POTATOES	1P VEGETABLES & PASTA SOUP ( 1, 9, T6, T10 )	1P VEGETABLES & PASTA SOUP ( 1, 9, T6, T10 )	1P VEGETABLE CREAM	1P VEGETABLE CREAM	2P BOILED CHIKPEAS, POTATOES AND CARROTS	2P BOILED CHIKPEAS, POTATOES AND CARROTS
2P CHEESE OMELETTE ( 3, 7 )	2P TOFU STEW	2P OMELETTE ( 3 )	2P OMELETTE ( 3 )	2P MOZARELLA STICKS ( 1, 3, 7 )	2P MOZARELLA STICKS ( 1, 3, 7 )	GU SAUTEED RICE	GU SAUTEED RICE	PO FRESH FRUIT	PO FRESH FRUIT
GU LETTUCE, CARROT AND OLIVES SALAD	GU SAUTED COUSCOUS ( 1, T6, T10 )	GU FRESH SALAD (lettuce, radish, and carrot)	GU FRESH SALAD (lettuce, radish, and carrot)	GU SEASONED TOMATO AND OLIVES	GU SEASONED TOMATO AND OLIVES				
PO FRESH FRUIT	PO FRESH FRUIT	PO YOGURT ( 7 )	PO YOGURT ( 7 )	PO FRESH FRUIT	PO FRESH FRUIT				
<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>			
1P MACARONI IN NAPOLITANA SAUCE (homemade tomato sauce) ( 1, T6, T10 )	1P BOILED GREEN BEANS AND POTATOES	1P SAUTEED PEAS	1P SAUTEED PEAS	1P RICE WITH HOMEMADE TOMATO SAUCE	1P RICE WITH HOMEMADE TOMATO SAUCE	 			
2P ZUCCHINI AND ONION OMELETTE ( 3 )	2P GRILLED VEGGIE BURGER ( 1, 6 )	2P TOFU SAUTEED ( 1, 6 )	2P TOFU SAUTEED ( 1, 6 )	2P SPRING ROLL WITH SWEET SAUCE ( 1, 6, )	2P SPRING ROLL WITH SWEET SAUCE ( 1, 6, )				
GU FRESH SALAD ( lettuce, tomato and sweet corn)	GU LETTUCE, CARROT AND SWEET CORN	GU LETTUCE, CARROT AND TOMATO SALAD	GU LETTUCE, CARROT AND TOMATO SALAD	GU FRESH SALAD	GU FRESH SALAD				
PO FRESH FRUIT	PO YOGURT ( 7 )	PO FRESH FRUIT	PO FRESH FRUIT	PO FRESH FRUIT	PO FRESH FRUIT				

Validated menus by our SANED dietitians.nutritionists (CAT002342)



-  **Gluten**  
( 1 )
-  **Crustaceans**  
( 2 )
-  **Eggs**  
( 3 )
-  **Fish**  
( 4 )
-  **Peanuts**  
( 5 )
-  **Soy**  
( 6 )
-  **Milk**  
( 7 )
-  **Nuts**  
( 8 )
-  **Celery**  
( 9 )
-  **Mustard**  
( 10 )
-  **Sesame**  
( 11 )
-  **Sulfites**  
( 12 )
-  **Lupins**  
( 13 )
-  **Molluscs**  
( 14 )