

Tirana English School Monthly Menu

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Monday	Pasta Tuesday	World Wednesday	Oven Thursday	Pizza Friday
Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Chicken salad sandwich Carrot and cucumber sticks Afternoon Snack seasonal fresh fruit	Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Mac and Cheese/(pasticcio) Green Peas Afternoon Snack seasonal fresh fruit	Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Mini Slides/burgers Baked potato sticks (American) Afternoon Snack Rice pudding	Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Baked chicken and rice. Steamed veggies Afternoon Snack seasonal fresh fruit	Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Pizza: margarita Veggie sticks Afternoon Snack popcorn
Week 2				
Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Grilled cheese sandwich with tomato soup, Carrot and cucumber sticks Afternoon snack seasonal fresh fruit	Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Pasta Bolognese Green salad Afternoon Snack seasonal fresh fruit	Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Potato Latkes with carrots and zucchini (Eastern Europe) Afternoon snack Rice pudding	Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Meatloaf, mash potatoes and Green Peas Afternoon Snack seasonal fresh fruit	Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Pizza: margarita Veggie sticks Afternoon Snack popcorn

Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Tuna salad sandwich Carrot and cucumber sticks Afternoon snack seasonal fresh fruit	Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Pasta carbonara with prosciutto and peas. Afternoon Snack seasonal fresh fruit	Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Cornflake chicken with baked potato Green salads (American) Afternoon snack Rice pudding	Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Rice and lentils Beet salad Afternoon Snack seasonal fresh fruit	Breakfast Whole grain cereal or Baked oatmeal Morning Snack Crackers with seasonal fresh fruit Lunch Pizza: margarita Veggie sticks Afternoon Snack popcorn
Week 4				
Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Chicken ham and cheese with carrot and cucumber sticks Afternoon snack seasonal fresh fruit	Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Tuna casserole Red cabbage/carrot salad Afternoon Snack seasonal fresh fruit	Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Coconut rice and beans with green salad (Caribbean) Afternoon snack Rice pudding	Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Chicken noodle soup with mix veggies Afternoon Snack seasonal fresh fruit	Breakfast Whole grain cereal or Baked oatmeal Morning Snack seasonal fresh fruit Lunch Pizza: margarita Veggie sticks Afternoon Snack popcorn