



Tirana English School  
 Rruga Isa Boletini Nr 87  
 Tirana, Albania  
 Tel: 355 (0) 42 23 0028  
 Cell: 355 (0) 66 650 4449

### 2016 Tirana English School Monthly Menu

<b>Week 1</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Sandwich Monday</b>	<b>Pasta Tuesday</b>	<b>World Wednesday</b>	<b>Stove Top Thursday</b>	<b>Oven Friday</b>
<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Chicken soup Cheese sandwich Seasonal veggies <b>Afternoon Snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Mac and Cheese/(pasticcio) Seasonal veggies <b>Afternoon Snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Mini Slides/burgers Baked potato sticks Seasonal veggies <b>Afternoon Snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Chicken and rice Seasonal veggies <b>Afternoon Snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Pizza: margarita Seasonal veggies <b>Afternoon Snack</b> Seasonal fresh fruit
<b>Week 2</b>				
<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Grilled cheese sandwich with tomato soup, Seasonal veggies <b>Afternoon snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Pasta Bolognese Seasonal veggies <b>Afternoon Snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Cheese and potato quiche veggies <b>Afternoon snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Rice and red beans Seasonal veggies <b>Afternoon Snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Burek Seasonal veggies <b>Afternoon Snack</b> Seasonal fresh fruit



Tirana English School  
 Rruga Isa Boletini Nr 87  
 Tirana, Albania  
 Tel: 355 (0) 42 23 0028  
 Cell: 355 (0) 66 650 4449

<b>Week 3</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Potato soup with cheese sandwich Seasonal veggies <b>Afternoon snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Pasta carbonara Seasonal veggies <b>Afternoon Snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Baked chicken with potato Seasonal veggies <b>Afternoon snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Rice and white beans Seasonal veggies <b>Afternoon Snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Burek Seasonal veggies <b>Afternoon Snack</b> Seasonal fresh fruit
<b>Week 4</b>				
<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Veggie Soup with cheese sandwich Seasonal veggies <b>Afternoon snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Chicken casserole Seasonal veggies <b>Afternoon Snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Meatloaf, mash potatoes Seasonal veggies <b>Afternoon snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Chicken noodle soup with mix veggies <b>Afternoon Snack</b> Seasonal fresh fruit	<b>Breakfast</b> Whole grain cereal with milk <b>Morning Snack</b> Seasonal fresh fruit <b>Lunch</b> Pizza: margarita Seasonal veggies <b>Afternoon Snack</b> Seasonal fresh fruit

Note on lunch menu

Monday we serve sandwich with soup. Tuesday is usually some kind of pasta dish. Wednesday is international day; something you don't usually get in Albania like meatloaf and quiche. Thursday is rice or soup. Friday is pizza or burek. Whenever possible we will serve seasonal vegetables and fruits. As always we welcome your participation. You are welcome to come and cook with us. Bring in a special dish or snack.

February 2016

TES