



LePetitGan

International Preschool

2022 Winter Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Organic Free Range Homestyle scrambled eggs	Buttermilk pancake topped with blueberries and strawberries	Multigrain cereal with organic milk and banana slices	Homemade oven-baked whole-wheat French Toast topped with berries	Fruit salad bowl topped with granola and honey.
Lunch	<p>Italian Day</p> <p>Oven-Baked Broccoli Lasagna & Corn Salad</p> <p>Delicious oven-baked cheesy broccoli Lasagna</p> <p>With a side of corn salad</p>	<p>Israeli Day</p> <p>Vegetable Couscous</p> <p>Yummy whole-grain couscous topped with oven-roasted squash, Zucchini, potatoes, and chickpeas</p>	<p>Mexican Day</p> <p>Warm Matza Ball Soup with Cheesy Quesadilla and Pico De Gallo</p> <p>Warm handmade matza ball soup</p> <p>Cheesy Quesadilla made with a flour tortilla and a blend of tasty cheese</p> <p>With a fresh Pico De Gallo</p>	<p>French Day</p> <p>Pastes coudees et fromage a la sauce bechamel & Salad Nicoise</p> <p>Pasta in a bechamel sauce</p> <p>With a side of Salad Nicoise</p>	<p>American Day!</p> <p>Fun Whole Wheat vegetarian Pizza & Israeli Salad</p> <p>Whole-wheat pizza with tasty tomato sauce and cheese</p> <p>With a side of Israeli salad</p>
Snack	Greek yogurt topped with fresh strawberries and granola	Whole-wheat mini sandwiches with organic strawberry jam	Fruit salad bowl topped with granola and honey	Greek yogurt topped with fresh strawberries and granola	Early dismissal.