



**COMITE CANTINE  
DE L'ECOLE EUROPEENNE  
DE BRUXELLES III - IXELLES**



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>from 18/01 to 22/01</b>	18-jan Soup or raw vegetables Pasta Carbonara with turkey lardinettes Peas Seasonal fruit	19-jan Vegetarian Soup or raw vegetables Falafels Couscous vegetables Chickpeas Semola Dairy	20-jan Soup or raw vegetables Diced poultry Red cabbage with apples Heart of wheat Seasonal fruit	21-jan Soup or raw vegetables Fishstick Cod fillet Green beans Potatoes with parsley Seasonal fruit	22-jan Soup or raw vegetables Pork cutlet* Sautéés zucchini Potatoes Seasonal fruit
	<b>from 25/01 to 29/01</b>	25-jan Vegetarian Soup or raw vegetables Quorn fillet Fried vegetables & white beans Bulgur Dairy	26-jan Soup or raw vegetables Pure beef hamburger Raw vegetables Potatoes wedges Seasonal fruit	27-jan Soup or raw vegetables Roasted salmon Spinach Potatoes Seasonal fruit	28-jan World menu Soup or raw vegetables Chicken Souvlaki Tzatziki sauce Salad / tomato Tabbouleh Giaoúrti me meli
<b>from 01/02 to 05/02</b>		01-feb Soup or raw vegetables Lamb stew vegetables Potatoes with parsley Seasonal fruit	02-feb Vegetarian Soup or raw vegetables Margherita pizza Dairy	03-feb Soup or raw vegetables Turkey escalope Sautéed pumpkin Oriental chickpeas Semola Seasonal fruit	04-feb Soup or raw vegetables Cod fillet Broccolis Wild rice Seasonal fruit
	<b>from 08/02 to 12/02</b>	08-feb Soup or raw vegetables Colin meunière Celery root & corn Potatoes Seasonal fruit	09-feb Soup or raw vegetables Diced beef Lentils Carrots Sauteed potatoes Seasonal fruit	10-feb Soup or raw vegetables Fish vol au vent with small vegetables Cœur de blé Seasonal fruit	11-feb Soup or raw vegetables Chicken drumstick Cauliflower with herbs Rice Seasonal fruit

NB : menu under reserve of modification

\* contains pork

menu adapted following children's age