

# Menu for school and preschool

The Scandinavian School, school year 2018-2019

## **Week: 32, 38, 44, 50, 6, 12, 19, 25**

Monday: Dhal with rice, cucumber, tomato, salad and dressing  
Tuesday: Breaded fish/bean burgers, mashed potato and pizza salad  
Wednesday: Beef with peanut curry/dhal, xima, rice and bean salad  
Thursday: Chicken stew/ vegetarian sausage stew with coconut sauce, rice, corn and carrot sticks  
Friday: Minced meat soup/vegetable soup and bread

## **Week: 33, 39, 45, 51, 7, 13, 20**

Monday: Vegetarian lasagna with bean salad  
Tuesday: Feijoada with chicken, xima, rice and warm salad  
Wednesday: Hamburgers/bean burgers with bread, salad and dressing  
Thursday: Breaded fish/bean burgers, mashed potato and pizza salad  
Friday: Tomato soup with pasta, bread and sliced egg

## **Week: 34, 40, 46, 2, 8, 14, 21**

Monday: Bean burgers with potato gratin, cucumber, tomato, salad and dressing  
Tuesday: Spaghetti bolognese/tomato sauce and bean salad  
Wednesday: Grilled chicken/bean burgers, potato wedges and pizza salad  
Thursday: Fish Moqueca/chickpea stew, xima, rice, corn, cucumber and tomato  
Friday: Bread with Badjia (fried chickpea rolls), tomato and salad

## **Week: 35, 41, 47, 3, 9, 15, 22**

Monday: Pasta salad with ham and yoghurt sauce  
Tuesday: Taco bean stew with rice, tomato, cucumber, salad and dressing  
Wednesday: Pizza with ham and pineapple, pizza salad  
Thursday: Matapa with small prawns, xima, rice, tomato, cucumber, green salad and dressing  
Friday: Potato soup with bread and sliced egg

## **Week: 36, 42, 48, 4, 10, 17, 23**

Monday: Chickpea stew with rice and carrot sticks  
Tuesday: Oven-baked fish with coconut milk and ginger  
Wednesday: Lasagne/vegetarian lasagna and bean salad  
Thursday: Chicken Zambeziana/bean burgers with coconut rice, tomato, cucumber, salad and dressing  
Friday: Pancakes/crêpes

## **Week: 37, 43, 49, 5, 11, 18, 24**

Monday: Fish burgers/bean burgers with bread, dressing and salad  
Tuesday: Mucapata with tomato sauce and bean salad  
Wednesday: Sausage stroganoff/vegetarian sausage stroganoff, rice and warm salad  
Thursday: Chicken Guinea Bissau/vegetarian sausage stew, rice and warm salad  
Friday: Sweet potato and bean soup