

Menu for school and preschool

The Scandinavian School, school year 2021-2022

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

- 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: 32, 38, 44, 50, 6, 12, 19, 25

- 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: 33, 39, 45, 51, 7, 13, 20

- 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: 34, 40, 46, 2, 8, 14, 21

- 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: 35, 41, 47, 3, 9, 16, 22

- 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: 36, 42, 48, 4, 10, 17, 23

- 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

Snack in the afternoon

- Monday: Brown bread with eggs and carrot sticks
Tuesday: Oat bread with cheese and apple
Wednesday: Brown bread with cheese and apple
Thursday: Oat bread with eggs and carrot sticks