



## BAYVIEW GLEN INDEPENDENT SCHOOL WINTER MENU 2020



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>W e e k  3</b>	<b>CLASS</b>					
	<b>BG2 - Gr.1</b>	Baked Tandoori Chicken Steamed Basmatii Rice Petit Pois	Swedish Meatballs Broad Egg Noodle Heirloom Carrots	Baked Multigrain Tilapia Steamed Sticky Rice Edamame	Whole Grain Spaghetti Pasta Hearty Bolognese Sause Whole Wheat Garlic Toast Steamed Broccoli	Boneless Pork Chunks Steamed New Potatoes Cool Cucumber
	<b>Main Entrées</b>	Baked Tandoori Chicken Cucumber Tomato Raita Steamed Basmatii Rice Petit Pois	Swedish Meatballs Creamy Gravy Sauce Broad Egg Noodle Heirloom Carrots	Baked Multigrain Tilapia with Katsu Sauce Steamed Sticky Rice Edamame	Whole Grain Spaghetti Pasta Hearty Bolognese Sause Roma Tomato Bruschetta Whole Wheat Garlic Toast	Fire-Grilled Pork Kalamaki Steamed New Potatoes Greek Salad Homemade Tzatziki Sauce
	<b>Second Option</b>	Aubergine Curry with Chickpeas & Cauliflower	(Suitable for Vegan) Beyond Beef Empanada Cilantro & Lime Salsa	(Suitable for Vegan) Wide Noodle Stir-fry with Tofu & Snow Peas Nut Aware Satay Sauce	Baked Salmon Fillet Mango Salsa	Baked Puff Pastry with Feta & Spinach
	<b>Dessert</b>	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Frozen Yogurt