

SCHOOL Menus



The following is a menu whose recipes have been tested and appreciated by both children and adults alike.

In order to make your school's meals popular with children, it is important to remodel the menus by highlighting the delicious flavours to be found. By appealing to their senses, you will help them discover foods that will show them the culinary richness of their school. In this way, several activities may be carried out so that students may better identify with their menus.

- Hold a contest whereby students come up with original names for their recipes. The winner would receive a free meal and his or her name displayed alongside the menu on the wall;
- Organize tasting menus of your most original recipes, allowing children to embrace culinary discovery;
- Organize workshops with nutritionists so that youngsters may develop their taste buds and understand the importance of good nutrition;
- Encourage parents to discover new menu items so that they may encourage their children to choose healthy meals;
- Organize thematic menus on a regular basis and inform the administration and teachers of the themes developed during the year (Halloween, Christmas, Easter, etc.);
- Have fun when serving children and collect their comments and preferences throughout the year so that they may feel valued.

DAY/ WEEK	Week 1	Week 2	Week 3
Day 1	Greek CHICKEN Pizza (no. 1)*	Ground PORK and Eggplant (no. 13)	YOUR USUAL BEEF RECIPE
Day 2	YOUR USUAL PASTA RECIPE	CHICKEN Broccoli Lasagna (no. 12)	PORK Chops with Salsa (no. 7)
Day 3	CHICKEN Submarine (no. 23)	Exquisite TURKEY Stew (no. 11)	YOUR USUAL FISH RECIPE
Day 4	TURKEY Meatballs (no. 5)	Sunny PORK Meatballs (no. 4)	Fancy CHICKEN Legs with Fruit (no. 22)
Day 5	HAM and Sweet Potatoes <i>au Gratin</i> (no. 9)	TURKEY Roast Ratatouille (no. 20)	Multigrain CHICKEN Nuggets and Sweet Potatoes (no. 24)

Feeding our children's future: a goal for everyone !

** Refer to the recipe cards included in your binder*

Enjoy !