



Meals plan week: made with love.

Mahdia.

August 12-15

Tuesday	Breakfast	Collation matin	Lunch	Collation after school
	Oeufs en bouchées façon "bistronomie" Tender egg bites, steamed to perfection	Smoothie maison aux fruits de saison, servi façon sucette glacée Homemade smoothie with seasonal fruits, served as a fun frozen pop	Baguette artisanale garnie de laitue croquante, tomates juteuses, fromage doux et délicates tranches de dinde Freshly baked mini baguette filled with crisp lettuce, juicy tomato slices, mild cheese, and tender turkey	Cubes de patate douce caramélisés au four Sweet potato bites, gently roasted with a hint of cinnamon
Wednesday	Breakfast	Collation matin	Lunch	Collation after school
	Pain Grillé artisanale, trio de tartinades Toast with a selection of farm-fresh butter, wild berry jam & golden honey	Un assortiment coloré de fruits de saison, joliment présentés en mini brochettes A colorful selection of bite sized fruits, beautifully arranged on mini skewers	Tendre cordon bleu croustillant accompagné d'un risotto onctueux au fromage doux Golden breaded chicken stuffed with cheese, served with smooth and cheesy risotto	Crêpes mille trous à la semoule (Baghrrir) Light and spongy pancakes with tiny bubbles served warm with honey or fruit jam
Thursday	Breakfast	Collation matin	Lunch	Collation after school
	Verrine de fromage blanc aux fruits de saison Cottage cheese served parfait style with a medley of fresh fruits	Petits muffins salés aux légumes de saison, tendres et savoureux Soft and wholesome muffins made with seasonal garden veggies	Poisson délicatement cuit au four, servi avec un gratin de chou-fleur fondant et légèrement gratiné Tender fish filet served with creamy cauliflower gratin topped with a golden cheese crust	Petits pains pita moelleux garnis de houmous onctueux et de carottes fraîches Soft whole wheat pita filled with smooth hummus and finely grated carrots
Friday	Breakfast	Collation matin	Lunch	Collation after school
	Quesadillas du matin soleil levant Warm breakfast quesadillas filled with melty goodness	Un arc-en-ciel de légumes frais servi avec une délicieuse sauce à tremper A colorful medley of fresh vegetables served with a creamy house-made dipping sauce	Pâtes moelleuses nappées d'une sauce bolognaise mijotée aux petits légumes et viande tendre Soft pasta topped with slow-cooked tomato and beef sauce with finely chopped veggies	Un duo savoureux de crackers dorés et de petits morceaux de fromage A delightful pairing of crisp whole grain crackers and mild cheese cubes

Ingredients & Nutrition:

This week's menu is prepared fresh daily with Organic whole wheat flour, durum wheat semolina flour, fresh organic chicken and sustainably sourced fish, paired with seasonal fruits, vegetables and whole grains.

This menu was designed to provide a balanced intake of protein, fiber, healthy fats, vitamins and minerals to support our children's growth, energy and cognitive development.