



cefa[®]

CHEF'S MENU

Sept 9th to Sept 13th, 2019

Monday	Breakfast	Breakfast Cereal with Milk <i>Served with Fresh Fruits</i>
	Lunch	Veggie Cream Soup with Potato and Rice <i>Served with Butter buns</i>
	Snack	Hummus and Pitta Bread <i>Served with Veggie</i>
Tuesday	Breakfast	Egg and Cheese Quesadillas <i>Served with Fresh Fruits</i>
	Lunch	Chicken Alfredo Pasta <i>Served with fresh Salad</i>
	Snack	Mini Blueberry Muffins <i>Served with Vegetables</i>
Wednesday	Breakfast	Yogurt with Fresh Fruit Salad <i>Served with Milk</i>
	Lunch	Chicken and Vegetable Fried Noodles <i>Served with Salad</i>
	Snack	Deviled Eggs <i>Served with fresh Crackers</i>
Thursday	Breakfast	Oatmeal Pancakes <i>Served with Fresh Fruit and Milk</i>
	Lunch	Beef Fried Rice <i>Served with Vegetables</i>
	Snack	Greek Yogurt with Granola <i>Served with Vegetables</i>
Friday	Breakfast	Toast and Jam <i>Served with Fresh Fruits and Milk</i>
	Lunch	Tuna Pasta Bake <i>Served with Fresh Salad</i>
	Snack	Blueberry Cake <i>Served with Fresh Vegetables</i>

Subject to change without notice

Our menu is designed by a nutritionist specifically to meet your child's needs, and made fresh every day, with love, by our CEFA Chef.