

MENU SEPTEMBER 2025

	week 1	week 2	week 3	week 4
Monday	Cheese toast and milk	French toast and milk	Cheese omelet and juice	French toast and orange juice
	Mashed potatoes Grilled steak Fruit	Meat tajine Bread Fruit	Salad Shepherd's pie Fruit	salad Gratin dauphinois Fruit
	Madelaine and verbena	Yogurt and a fruit	Chocolate chip cookies	Yogurt and a fruit
Tuesday	Mssemen and tea	Bread with olive oil and tea	Pancakes and milk	Cake and milk
	Potato and olive chicken tajine Bread Fruit	Niçoise salad minced meat and potato wedges Fruit	Steamed vegetable and grilled chicken Fruit	Fried rice minced meat skewers Fruit
	Chocolate cake and milk	Pancake and milk	yogurt and granola	Mssemen and tea
Wednesday	Mkhamer, butter and tea	Cheese omelet and orange juice	Cake and milk	Avocado toast and juice
Thursday	Fruit juice and pancakes	Mssemen and tea	Bread honey and olive oil and tea	Toast and tea
	Hamburger and fries Fruit	Pasta salad Grilled chicken breast filet Yogurt	Salad Spaghetti meatballs Fruit	Meat ball spaghetti Yogurt
	Cake and milk	Chocolate chip cookies	Cheese toast and milk	Chocolate chips cookies and milk
Friday	Greek yogurt and granola	Pancakes and orange juice	French toast and juice	Harcha and tea
	Couscous and lben	Couscous and lben	Couscous and lben	Couscous and lben
	Beghrir and verbena	Cake and milk	Beghrir and tea	Yogurt and banana

MENU OCTOBER 2025

	week 1	week 2	week 3	week 4
Monday	French toast and milk	Omelet and tea	French toast and orange juice	Cheese toast and milk
	tomato salad Paella Grated carrots and orange juice	Pasta salad Grilled chicken breast filet Yogurt	Meat ball spaghetti Yogurt	Mashed potatoes Grilled steak Fruit
	Cookies and tea	Pancake and milk	Pancake and milk	Madelaine and verbena
Tuesday	Toast and tea	Cake and milk	Harcha and tea	Pancakes and juice
	Potato and olive chicken tajine Bread Fruit	Fried rice minced meat skewers Fruit	Lentils and fish fruit	Potato salad grilled chicken breast fruit
	Cake and milk	Mssemen and tea	Toast butter and milk	Cake and milk
Wednesday	French toast and orange juice	Toast and milk	French toast and milk	Yogurt
Thursday	Harcha and tea	Omelet and orange juice	Cake and milk	Harcha and tea
	Macaroni and cheese tomato sauce meat balls Fruit	Pasta salad Vegetables and fish in the oven Fruit	Tomato salad Meat tajine and vegetables and bread fruit	Tomato salad Fish minced meat tajine Fruit
	Mssemen and tea	Fruits	Cookies and tea	Toast and tea
Friday	Greek yogurt and granola	Cake and milk	Greek yogurt and granola	Fruit salad
	Couscous and lben	Couscous and lben	Couscous and lben	Couscous and lben
	Fruits	Beghrir and verbena	Cake and milk	Brownies and milk

MENU NOVEMBER 2025

	Week 1	week 2	week 3	week 4
Monday	Harcha and tea	toast and tea	Egg sandwich and tea	Cheese toast and orange juice
	Pizza Yogurt	meat tajine with potatoes and bread Fruit	Green salad Potato and minced meat casserole Yogurt	Chicken tajine with carrots and potato Fruit
	Beghrir and verbena	pancakes and milk	Harcha and verbena	Pancake and milk
Tuesday	Bread with olive oil and tea	Cake and fruit juice	Toast and tea	Harcha and tea
	Nicoise salad minced meat and potato wedges Fruit	Pasta Salad Grilled chicken breast Fruit	Hamburger and fries in the oven Fruit	Minced meat and white beans fruit
	Pancake and milk	Harcha and tea	Yougurt	Toast butter and fruit juice
Wednesday	Egg toast and milk	Avocado toast and orange juice	Cake and milk	Cake and milk
Thursday	Cake and milk	Fruit salad	Mkhamer with butter and tea	Cheese omelet and tea
	Tomato salad Meat tajine and vegetables and bread fruit	potato salad Fish skewers and Fruit	tomato salad Paella Grated carrots and orange juice	Rice with vegetables fish filet in the oven fruit
	Cookies and tea	Mssemen and tea	Fruit salad	Mssemen and tea
Friday	Cake and milk	French toast and milk	cake and verbena	Greek yogurt and granola
	Couscous and lben	Couscous and lben	Couscous and lben	Couscous and lben
	Beghrir and verbena	Fruits	Yogurt	Cake and milk

MENU DECEMBER 2025

	week 1	week 2	week 3	week 4
Monday	omelet and tea	French toast and milk	Avocado toast and orange juice	Cheese omelet and juice
	spaghetti bolognaises Fruit	salad Gratin dauphinois Fruit	Hamburger and potatoes Fruit	Salad Shepherd's pie Fruit
	Harcha and verben	Yogurt and a fruit	Mkhamer butter and tea	Chocolate chip cookies
Tuesday	Toast and juice	Bread with olive oil and maple sirop and tea	Cheese toast and milk	Pancakes and milk
	Potato and olive chicken tajine Bread Fruit	Macaroni and cheese tomato sauce meat balls Fruit	Carrots and chicken tajine Bread Yogurt	Steamed vegetable and grilled chicken Fruit
	mssemen and tea	Pancake and milk	Fruit salad	yogurt
Wednesday	Cake and milk	Cheese omelet and orange juice	Mssemen and tea	Cake and milk
Thursday	Bread and olive oil and tea	Mssemen and tea	Greek yogurt and granola	Bread honey and olive oil and tea
	steak and roast potato Yogurt	Fried rice minced meat skewers Fruit	Lentils salad Grilled fish Fruit	Salad Spaghetti Fish sticks Fruit
	Pancake and milk	Chocolate chip cookies	Mssemen and tea	Cheese toast and milk
Friday	Greek yogurt	Pancakes and orange juice	Cheese omelet and orange juice	French toast and juice
	Couscous and lben	Couscous and lben	Couscous and lben	Couscous and lben
	Beghrir and tea	Cake and milk	Chocolate chip cookies and milk	Beghrir and tea

MENU JANUARY 2026

	week 1	week 2	week 3	week 4
Monday	Cheese toast and tea	Avocado toast and juice	Toast and juice	Fruit salad
	Mashed potatoes Grilled steak Fruit	Lentils and fish fruit Fruit	Russian salad grilled chicken breast Yogurt	Chicken sandwich Potato wedges in the oven Yogurt
	Madelaine and milk	Pancake and milk	Mkhamer and butter and tea	Pancakes and milk
Tuesday	Cake and tea	Omelet and tea	Cheese toast and milk	Cake and juice
	Potato and olive chicken tajine and bread Fruit	steak and fries Fruit	Potato and chicken tajine and bread Yogurt	minced meat with vegetables in the oven fruit
	French toast and juice	Toast and tea	Fruit salad	beghrir and tea
Wednesday	Chocolate cake and milk	omelet and milk	Mssemen and tea	yogurt
Thursday	Omelet and tea	Cake and milk	Fruit juice and pancakes	Toast and tea
	Lentils salad Grilled fish Fruit	Tomato salad Meat tajine and vegetables and bread fruit	Hamburger and potato wedges Fruit	Tomato salad Fish minced meat tajine Fruit
	Cake and milk	Cookies and tea	Mssemen and verbena	Pancakes and milk
Friday	Mssemen and verbena	Cake and tea	Cheese omelet and juice	Harcha and tea
	Couscous and lben	Couscous and lben	Couscous and lben	Couscous and lben
	Cake and milk	Yogurt	Fruit	Cake and fruit juice



Bon appétit ...