



CFA MENU  
November 30<sup>th</sup> 2015

Monday		
Fresh green salad with organic Sbrinz cheese cubes	Pasta bows with tomatoes, lentils and corn	Veg
Tuesday		
Carrots roasted in olive oil	Fresh vegetable risotto with parmesan cheese	Veg
Wednesday		
Home-made houmous and toasted pita chips	Chicken nuggets with mashed potatoes and peas	Meat (Brazil)
Thursday		
Carrot salad with lemon juice dressing	Gnocchi served with a pesto sauce and tomatoes	Veg
Friday		
Coconut milk and curried vegetable soup	Toasted cheese melts with round cucumber slices	Veg