## Kisharon Noe School Menu Autumn 2025/2026 Week 4

	Γ	Τ	<u></u>		
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Caponata	Cheesy potato and butterbean gratin	Orzo with sundried tomatoes and mushrooms	Mince fajitas	Fish
Carbs	Bulgur	Potato	Orzo	Rice	Potatoes
Veg	Green beans	Sauekraut	Spinach	Guacamole	Winter greens
Gluten Free	Caponata	Potato and butterbean gratin	Orzo with sundried tomatoes and mushrooms	Mince fajitas	Fish
Salad	Selectionof fresh cut vegetables	Selectionof fresh cut vegetables	Selectionof fresh cut vegetables	Selectionof fresh cut vegetables	Selectionof fresh cut vegetables
Dessert	Selectionof fresh cut fruit/ Yogurt	Selectionof fresh cut fruit/ Yogurt	Selectionof fresh cut fruit/ Yogurt	Selectionof fresh cut fruit/ Yogurt	Selectionof fresh cut fruit/ Yogurt
Allergens	None	Dairy, Mustard	Gluten, Dairy	Gluten	Fish