



Carmel School Association

Carmel Elementary

Weekly Menu 2018-19

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich/Salad options	Tuna sandwich Egg sandwich Salami sandwich	Toffuti club Tuna club Salami club	Tuna sandwich Egg sandwich Toffuti sandwich	Salami club Tofutti club Tuna club	Egg sandwich Salami sandwich Toffuti sandwich
Salad Bar Honey mustard or Balsamic dressing	Mixed green lettuce Peppers Cucumber and tomatoes Hard boiled eggs Green peas	Mixed green lettuce Shredded carrots Cherry tomatoes Sweetcorn	Mixed green lettuce Cucumber Peppers Edemame Raisins Olives	Mixed green lettuce Cucumber Carrots Cherry tomatoes Hard boiled eggs Pickles	Mixed green lettuce Olives Cucumber Tomatoes
Main Choice (Week 1)	Chicken and egg fried rice with vegetables	Fish goujons	Bolognaise Meat sauce	Salmon (Option of teriyaki sauce)	Shwarma and pitta bread
Main Choice (Week 2)	Chicken burger	Chicken goujons	Bolognaise meat sauce	Roast chicken legs	Sausages
Main Carbohydrate	White/brown/mixed Rice Whole meal roll	White/brown/mixed Rice	Penne pasta Rice	White/brown/mixed Rice	Pitta Hot dog roll
Main Vegetable	Israeli salad	Green beans	Salad selection	Salad selection	Salad selection
Fruits	Seasonal fresh fruit selection	Seasonal fresh fruit selection	Seasonal fresh fruit selection	Seasonal fresh fruit selection	Seasonal fresh fruit selection