

		UNDER 12	2 MONTHS		
Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH				Hake	Chicken
				Zucchini	Carrots
				Potato/rice	Potato
				Rapeseed oil	Olive oil
				Mineral water	Mineral water
SNACK				Banana	Banana
				Pear	Grapes
				Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK				Mandarin	Grapes
				Mineral water	Mineral water
LUNCH: 11:30 am				Raw vegetables (cherry	7 vegetable soup
				tomatoes)	Chicken
				Hake	Red cabbage with apples
				Zucchini	Potato
				Rice	Olive oil
				Rapeseed oil	Mineral water
				Mineral water	
3 O'CLOCK SNACK				Pear	Fruit salad
				Natural yoghurt	Buttered sandwich
				Sponge fingers	Mineral water
				Mineral water	
5 O'CLOCK SNACK				Banana	Raw vegetables (carrots)
				Mineral water	Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	? MONTHS		
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Tilapia fillet	Veal	Chicken	Pork	Cod
	Celeriac	Green beans	Salsify	Fennel	Jerusalem artichoke
	Potato	Potato	Potato	Potato	Potato
	Rapeseed oil	Corn oil	Rapeseed oil	Olive oil	Soybean oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Mandarin	Apple	Grapes	Pear	Orange
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
		_			
9 O'CLOCK SNACK	Mango	Banana	Pineapple	Dates	Grapes
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables (cherry	Watercress soup	6 vegetable soup	Raw vegetables (carrots)	Celery soup
	tomatoes)	Veal	Chicken	Pork	Cod
	Tilapia fillet	Green beans	Salsify	Fennel	Jerusalem artichoke
	Celeriac	Quinoa	Potato	Wheat	Mashed potato
	Potato	Corn oil	Rapeseed oil	Olive oil	Soybean oil
	Rapeseed oil	Mineral water	Mineral water	Mineral water	Mineral water
	Mineral water				
3 O'CLOCK SNACK	Mandarin	Apple	Grapes	Pear	Orange
	Crispbreads	Slices of buttered white	Natural yoghurt	Slices of brown bread with	Buttered brioche
	Growing-up milk	bread	Speculoos	Liege's Sirup	Mineral water
		Mineral water	Mineral water	Mineral water	
5 O'CLOCK SNACK	Grapes	Raw vegetables	Plum	Pear	Raw vegetables (tomato)
	Mineral water	(cucumber)	Mineral water	Mineral water	Mineral water
		Mineral water			

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	MONTHS		
Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Hake	Lamb	Cod	Eggs	Turkey
2011011	Parnsnip	Squash	Leeks	Mushrooms	Watercress
	Potato	Potato/semolina	Potato	Potato/rice	Potato
	Corn oil	Rapeseed oil	Olive oil	Sunflower oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Grapes	Apple	Pear	Mandarin	Plum
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Pear	Mandarin	Mango	Banana	Pineapple
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
	Tomato soup	Celery soup	Raw vegetables	8 vegetable soup	Raw vegetables (carrots)
	Hake	Lamb	(cucumber)	Eggs	Turkey
	Parnsnip	Squash	Cod	Mushrooms	Watercress mash
	Potato	Semolina	Leeks	Rice	Potato
	Corn oil	Rapeseed oil	Potato	Sunflower oil	Rapeseed oil
	Mineral water	Mineral water	Olive oil	Mineral water	Mineral water
			Mineral water		
3 O'CLOCK SNACK	Grapes	Apple	Pear	Mandarin	Fruit salad
	Buttered sandwich	Slices of bread with goat's	Rice cracker	Slices of brown bread with	Buttered crispbread
	Mineral water	cheese	Mineral water	honey	Growing-up milk
		Mineral water		Mineral water	
5 O'CLOCK SNACK	Banana	Orange	Kiwi	Raw vegetables (tomato)	Grapes
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 1	2 MONTHS		
Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Pork	Hake	Eggs	Veal	Cod
	Chicory	Parsnip	Carrots	Cauliflower	Leeks
	Potato	Potato	Potato	Potato/rice	Potato
	Corn oil	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Grapes	Apple	Mandarin	Plum	Apple
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	? MONTHS		
9 O'CLOCK SNACK	Pear	Dates	Mango	Banana	Grape
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables	7 vegetable soup	Red soup	Raw vegetables	Squash soup
	(tomatoes)	Hake	Eggs	(cucumber)	Cod
	Roast pork	Parsnip	Carrots	Cauliflower	Leeks
	Chicory	Potato	Potato	Rice	Potato
	Quinoa	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil
	Corn oil	Mineral water	Mineral water	Mineral water	Mineral water
3 O'CLOCK SNACK	Grapes	Apple	Mandarin	Pineapple	Fruit salad
	Slices of white bread with	<b>Buttered sandwich</b>	Slices of brown bread with	Rice cracker	Breadsticks
	gouda	Mineral water	compote	Growing-up milk	Mineral water
	Mineral water		Mineral water		
5 O'CLOCK SNACK	Banana	Raw vegetables	Orange	Banana	Raw vegetables (carrots)
	Mineral water	(cucumber)	Mineral water	Mineral water	Mineral water
		Mineral water			

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Salmon	Eggs	Beef	Hake	Chicken
	Zucchini	Carrots	Broccoli	Spinach	Cauliflower
	Potato	Potato	Potato/semolina	Rice	Potato
	Corn oil	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Orange	Apple	Pear	Mandarin	Grape
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVFR 12	MONTHS		
		011.11			
9 O'CLOCK SNACK	Banana	Pineapple	Kiwi	Banana	Orange
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables	Broccoli soup	7 vegetable soup	Raw vegetables (carrots)	Pumpkin soup
	(tomatoes)	Bolognese sauce with	Beef	Hake	Chicken
	Salmon	quorn	Red cabbage with apples	Spinach	Cauliflower gratin
	Zucchini	Pasta	Potato	Rice	Potato
	Potato	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil
	Corn oil	Mineral water	Mineral water	Mineral water	Mineral water
	Mineral water				
3 O'CLOCK SNACK	Orange	Wheat semolina with red	Pear	Mandarin	Fruit salad
	Buttered sandwich	berries	Slices of grey bread with	natural yogurt	Buttered rusk
	Mineral water	Mineral water	apple compote	Speculos	Mineral water
			Mineral water	Mineral water	
5 O'CLOCK SNACK	Apple	Raw vegetables	Grapefruit	Grape	Raw vegetables
	Mineral water	(cucumber)	Mineral water	Mineral water	(tomatoes)
		Mineral water			Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 1	.2 MONTHS		
Week 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Veal	Cod	Pork	Eggs	Tuna
	Celeriac	Leeks	Brussels sprouts	Green beans	Vegetable ratatouille
	Potato	Potato/rice	Potato	Potato/wheat	Potato
	Rapeseed oil	Soybean oil	Sunflower oil	Olive oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Orange	Grapes	Apple	Pear	Mandarin
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	2 MONTHS		
9 O'CLOCK SNACK	Pineapple	Banana	Kiwi	Mango	Grape
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables	Watercress soup	Raw vegetables (carrots)	Soup	Celery soup
	(tomatoes)	Cod	Pork	Eggs	Tuna
	Veal	Leeks	Brussels sprouts	Green beans	Vegetable ratatouille
	Celeriac	Rice	Potato	Wheat	Mashed potato
	Potato	Soybean oil	Sunflower oil	Olive oil	Rapeseed oil
	Rapeseed oil	Mineral water	Mineral water	Mineral water	Mineral water
	Mineral water				
3 O'CLOCK SNACK	Orange	Grapes	Apple	Pear	Mandarin
	Slices of buttered white	Natural yogurt	Petit Beurre biscuits	Buttered brioche	Slices of buttered brown
	bread with apricot	Buttered rusk	Mineral water	Growing-up milk	bread
	compote	Mineral water			Mineral water
	Mineral water				
5 O'CLOCK SNACK	Pear	Raw vegetables	Dates	Orange	Raw vegetables (fennel)
	Mineral water	(cucumber)	Mineral water	Mineral water	Mineral water
	ua, the menu is adopted to their nutrition	Mineral water			

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	MONTHS		
Week 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Turkey	Lamb	Salmon	Eggs	Pork
	Broccoli	Pumkin	Parsnip	Mushrooms	Watercress
	Potato	Potato/semolina	Potato	Potato/rice	Potato
	Corn oil	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Grapes	Apple	Pear	Mandarin	Plum
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Pear	Mandarin	Mango	Banana	Pineapple
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
	Tomato soup	Celery soup	Raw vegetables	8 vegetable soup	Raw vegetables (carrots)
	Turkey	Lamb	(cucumber)	Eggs	Pork
	Broccoli	Pumkin	Salmon	Mushrooms	Watercress mash
	Potato	Semolina	Parsnip	Rice	Potato
	Corn oil	Rapeseed oil	Potato	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Olive oil	Mineral water	Mineral water
			Mineral water		
3 O'CLOCK SNACK	Grapes	Apple	Pear	Mandarin	Fruit salad
	Slices of buttered white	Goat's cheese sandwich	Rice cracker	Slices of brown bread with	Buttered crispbread
	bread with apple compote	Mineral water	Mineral water	honey	Mineral water
	Mineral water			Growing-up milk	
5 O'CLOCK SNACK	Banana	Orange	Kiwi	Raw vegetables	Grapes
	Mineral water	Mineral water	Mineral water	(tomatoes)	Mineral water
				Mineral water	

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Chicken	Hake	Veal	Pork	Salmon
	Chicory	Tomato	Carrots	Cauliflower	Leeks
	Potato	Potato	Potato/rice	Potato	Potato
	Corn oil	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Grapes	Apple	Mandarin	Pineapple	Apple
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Pear	Dates	Mango	Banana	Grapes
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables	7 vegetable soup	Spinach soup	Raw vegetables	Pumkin soup
	(tomatoes)	Hake with tomato sauce	Mashed lentils with	(cucumber)	Salmon
	Chicken	Potato	carrots	Pork	Leeks
	Chicory	Rapeseed oil	Pasta	Cauliflower	Potato
	Quinoa	Mineral water	Olive oil	Potato	Rapeseed oil
	Corn oil		Mineral water	Soybean oil	Mineral water
	Mineral water			Mineral water	
3 O'CLOCK SNACK	Grapes	Apple	Mandarin	Pineapple	Fruit salad
	Buttered sandwich	Slices of buttered white	Crispbread with Liege's	Rice cracker	Breadsticks
	Mineral water	bread with gouda	sirup	Growing-up milk	Mineral water
		Mineral water	Mineral water		
5 O'CLOCK SNACK	Banana	Raw vegetables	Orange	Kiwi	Raw vegetables (carrots)
	Mineral water	(cucumber) Mineral water	Mineral water	Mineral water	Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Pork	Eggs	Chicken	Hake	Beef
	Leeks	wheat salad	Spinach	Vegetable ratatouille	Mushrooms
	Potato	Potato	Potato/rice	Potato	Potato/rice
	Corn oil	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Kiwi	Apple	Pear	Mandarin	Grape
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Grapefruit	Pineapple	Mango	Apple	Orange
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables	Tomato soup	7 vegetable soup	Raw vegetables (carrots)	Celery soup
	(cucumber)	Eggs	Chicken	Hake	Beef
	Pork	Wheat salad	Spinach	Vegetable ratatouille	Mushrooms
	Leeks	Quinoa	Potato	Potato	Rice
	Potato	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil
	Corn oil	Mineral water	Mineral water	Mineral water	Mineral water
	Mineral water	I I I I I I I I I I I I I I I I I I I	I water	I I I I I I I I I I I I I I I I I I I	Willier at Water
3 O'CLOCK SNACK	Kiwi	Apple	Pear	Mandarin	Fruit salad
	Slices of buttered white	Gingerbread	Slices of buttered white	Natural yogurt	Buttered rusk
	bread	Whole milk	bread	Rice cracker	Mineral water
	Mineral water		Mineral water	Growing-up milk	
5 O'CLOCK SNACK	Mandarin	Raw vegetables (radish)	Banana	Grape	Raw vegetables
	Mineral water	Mineral water	Mineral water	Mineral water	(tomatoes)
					Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER	12 MONTHS		
Week 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Veal	Salmon	Pork	Eggs	Tuna
	Turnips	Broccoli	Cauliflower	Green beans	Zucchini
	Potato	Potato/pasta	Potato	Wheat	Potato
	Rapeseed oil	Soybean oil	Sunflower oil	Olive oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Orange	Grapes	Apple	Pear	Mandarin
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 1	2 MONTHS		
9 O'CLOCK SNACK	Pineapple	Pear	Kiwi	Mango	Grapes
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables	Leek soup	Raw vegetables (carrots)	Red soup	Celery soup
	(tomatoes)	Salmon	Pork	Eggs	Tuna
	Veal	Broccoli	Cauliflower	Green beans	Zucchini
	Turnips	Pasta	Potato	Wheat	Potato
	Potato	Soybean oil	Sunflower oil	Olive oil	Rapeseed oil
	Rapeseed oil	Mineral water	Mineral water	Mineral water	Mineral water
	Mineral water				
3 O'CLOCK SNACK	Orange	Grapes	Apple	Pear	Mandarin
	Slices of buttered white	Buttered rusk	Petit beurre biscuits	Rolled oats	Slices of buttered grey
	bread with apricot	Growing-up milk	Mineral water	Whole milk	bread
	compote				Mineral water
	Mineral water				
5 O'CLOCK SNACK	Pear	Raw vegetables	Dates	Orange	Raw vegetables (radish)
	Mineral water	(cucumber)	Mineral water	Mineral water	Mineral water
		Mineral water			

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Turkey	Lamb	Salmon	Kidney beans	Pork
	Spinach	Carrots	Parsnip	Potato/rice	Turnips
	Potato/rice	Potato/semolina	Potato	Corn oil	Potato
	Soybean oil	Olive oil	Rapeseed oil	Mineral water	Rapeseed oil
	Mineral water	Mineral water	Mineral water		Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Grapes	Apple	Pear	Mandarin	Plum
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Pear	Mandarin	Mango	Banana	Pineapple
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
	Tomato soup	Celery soup	Raw vegetables	8 vegetable soup	Raw vegetables
	Turkey	Lamb	(cucumber)	Kidney beans with tomato	(tomatoes)
	Spinach	Carrots	Salmon	sauce	Pork
	Rice	Semolina	Parsnip	Potato	Wheat salad
	Soybean oil	Rapeseed oil	Potato	Corn oil	Potato
	Mineral water	Mineral water	Olive oil	Mineral water	Rapeseed oil
			Mineral water		Mineral water
3 O'CLOCK SNACK	Grapes	Apple	Pear	Mandarin	Fruit salad
	Slices of buttered white	Goat's cheese sandwich	Rice cake	Slices of brown bread with	Buttered crispbread
	bread with apple compote	Mineral water	Mineral water	honey	Mineral water
	Mineral water			Growing-up milk	
5 O'CLOCK SNACK	Banana	Orange	Kiwi	Raw vegetables (carrots)	Grapes
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



	UNDER 12 MONTHS							
Week 12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
LUNCH	Chicken	Hake	Lentils	Pork	Salmon			
	Chicory	Tomato	Carrots	Cauliflower	Leeks			
	Potato	Potato	Potato/Pasta	Potato/rice	Potato			
	Corn oil	Soybean oil	Olive oil	Soy oil	Rapeseed oil			
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water			
SNACK	Banana	Banana	Banana	Banana	Banana			
	Grape	Apple	Mandarin	Pineapple	Apple			
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water			
		OVER 12 I	MONTHS					
9 O'CLOCK SNACK	Pear	Dates	Grapefruit	Banana	Grapes			
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water			
LUNCH: 11:30 am	Raw vegetables	7 vegetable soup	Zucchini soup	Raw vegetables	Celery soup			
	(tomatoes)	Hake with tomato sauce	Mashed lentils with	(cucumber)	Salmon			
	Chicken	Potato	carrots	Pork	Leeks			
	Chicory	Soybean oil	Pasta	Cauliflower	Smash potato			
	Quinoa	Mineral water	Olive oil	Potato	Rapeseed oil			
	Corn oil		Mineral water	Soy oil	Mineral water			
	Mineral water			Mineral water				
<b>3 O'CLOCK SNACK</b>	Grape	Apple	Pineapple	Pear	Fruit salad			
	Buttered sandwich	Slices of white bread with	Buttered rusk	Rice cracker	Grissini			
	Mineral water	cheese	Mineral water	Milk	Mineral water			
		Mineral water						
5 O'CLOCK SNACK	Banana	Raw vegetables	Mandarin	Kiwi	Raw vegetables (carrots)			
	Mineral water	(cucumber)	Mineral water	Mineral water	Mineral water			
		Mineral water						

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



UNDER 12 MONTHS							
Week 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
LUNCH	Turkey	Lamb	Salmon	Veal	Tillapia		
	Spinach	Carrots	Parsnip	Pea	Leeks		
	Potato	Potato/Semolina	Potato	Potato/Rice	Potato		
	Rapeseed oil	Soybean oil	Sunflower oil	Olive oil	Rapeseed oil		
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water		
SNACK	Banana	Banana	Banana	Banana	Banana		
	Grape	Orange	Apple	Pear	Mandarin		
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water		
		OVER 12	MONTHS				
9 O'CLOCK SNACK	Dates	Pear	Mango	Banana	Pineapple		
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water		
LUNCH: 11:30 am	Tomato soup	Raw vegetables (radish)	Soup with chard	8 vegetable soup	Raw vegetables (tomato)		
	Turkey	Lamb	Salmon	Veal	Tillapia		
	Spinach	Carrots	Parsnip	Pea	Leeks		
	Potato	Potato	Potato	Rice	Potato		
	Rapeseed oil	Soybean oil	Sunflower oil	Olive oil	Rapeseed oil		
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water		
3 O'CLOCK SNACK	Grape	Kiwi	Apple	Pear	Mandarin		
	Slices of buttered white	Buttered sandwich with	Rice cracker	Slices of buttered brown	Buttered rusk		
	bread with apple compote	cheese	Mineral water	bread with honey	Mineral water		
		Mineral water		Mineral water			
5 O'CLOCK SNACK	Banana	Orange	Kiwi	Raw vegetables (carrots)	Grape		
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water		

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 1	2 MONTHS		
Week 14	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Chicken	Cod	Pork	Beef	Tuna
	Chicory	Tomato	Kohlrabi	Carrots	Spinach
	Potato/quinoa	Potato	Potato	Potato/pasta	Potato
	Corn oil	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Pineapple	Rhubarb	Pear	Apple	Grapes
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Pear	Banana	Kiwi	Dates	Grapes
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables	7 vegetable soup	Creamy courgette soup	Raw vegetables (fennel)	Celery soup
	(tomatoes)	Cod with tomato sauce	Pork	Pasta with bolognese	Tuna
	Chicken	Potato	Kohlrabi	sauce (Quorn)	Avocado
	Chicory	Rapeseed oil	Potato	Soybean oil	Potato
	Quinoa	Mineral water	Olive oil	Mineral water	Rapeseed oil
	Corn oil		Mineral water		Mineral water
3 O'CLOCK SNACK	Pineapple	Rhubarb compote	Pear	Apple	Grapes
	Buttered brioche	Buttered crispbread	Slices of white bread with	Rolled oats	Carrot cake
	Growing-up milk	Mineral water	Sirop de Liège	Whole milk	Mineral water
			Mineral water		
5 O'CLOCK SNACK	Banana	Mandarin	Raw vegetables	Grape	Raw vegetables (carrots)
	Mineral water	Mineral water	(cucumber)	Mineral water	Mineral water
			Mineral water		

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 15	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Veal	Salmon	Eggs	Beef	Hake
	Asparagus	Spinach	Peas/carrots	Watercress	Leeks
	Potato	Potato/wheat	Potato	Potato	Potato/rice
	Corn oil	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Grapes	Apple	Grapes	Pear	Orange
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS	<u> </u>	
9 O'CLOCK SNACK	Dates	Pear	Kiwi	Banana	Orange
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Fennel soup	Raw vegetables	Onion soup	Raw vegetables (radish)	Celery soup
	Veal	(tomatoes)	Eggs	Beef	Hake
	Asparagus	Salmon	Peas/carrots	Watercress mash	Leeks
	Potato	Spinach	Potato	Potato	Rice
	Corn oil	Wheat	Olive oil	Soybean oil	Rapeseed oil
		Rapeseed oil	Mineral water	Mineral water	Mineral water
		Mineral water			
3 O'CLOCK SNACK	Grapes	Apple	Grapes	Pear	Red berries
	Slices of buttered brown	Buttered crispbread	Rice cake	Slices of buttered white	Natural yoghurt
	bread with apricot	Growing-up milk	Mineral water	bread with gouda	Breadsticks
	compote			Mineral water	Mineral water
	Mineral water				
5 O'CLOCK SNACK	Banana	Mandarin	Raw vegetables	Grapes	Raw vegetables (carrots)
	Mineral water	Mineral water	(cucumber)	Mineral water	Mineral water
			Mineral water		

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



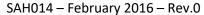
		UNDER 1	2 MONTHS		
Week 16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Turkey	Cod	Lamb	Tuna	Eggs
	Red cabbage	Spinach	Carrots	Asparagus	Mushrooms
	Potato	Potato	Potato/semolina	Potato	Potato/rice
	Corn oil	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Pear	Mango	Apple	Rhubarb	Grapes
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 1	2 MONTHS		
9 O'CLOCK SNACK	Apple	Banana	Pineapple	Pear	Passion fruit
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Chicory soup	Raw vegetables	Watercress soup	Raw vegetables (chicory)	7 vegetable soup
	Turkey	(tomatoes)	Lamb	Tuna	Eggs
	Red cabbage	Cod	Carrots	Asparagus	Mushrooms
	Potato	Spinach	Semolina	Potato	Rice
	Corn oil	Potato	Olive oil	Soybean oil	Rapeseed oil
		Rapeseed oil	Mineral water	Mineral water	Mineral water
		Mineral water			
3 O'CLOCK SNACK	Pear	Mango	Apple	Rhubarb compote	Grapes
	Buttered sandwich	Rice cake	Slices of white bread with	Natural yoghurt	Slices of buttered brown
	Mineral water	Growing-up milk	honey	Crispbreads	bread
			Mineral water	Mineral water	Mineral water
5 O'CLOCK SNACK	Raw vegetables (carrots)	Pear	Raw vegetables (radish)	Banana	Raw vegetables
	Mineral water	Mineral water	Mineral water	Mineral water	(cucumber)
					Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH		Tilapia fillet	Chicken	Eggs	Salmon
		Leeks	Beetroot	Peas	Spinach
		Potato/wheat	Potato	Potato/rice	Potato
		Corn oil	Sunflower oil	Olive oil	Rapeseed oil
		Mineral water	Mineral water	Mineral water	Mineral water
SNACK		Banana	Banana	Banana	Banana
		Mandarin	Grapes	Strawberries	Kiwi
		Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK		Orange	Mango	Apple	Passion fruit
		Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am		Raw vegetables (carrots)	Asparagus soup	Raw vegetables (radish)	Celery soup
		Tilapia fillet	Chicken	Eggs	Salmon
		Leeks	Beetroot	Peas	Spinach
		Wheat	Potato	Rice	Potato
		Corn oil	Sunflower oil	Olive oil	Rapeseed oil
			Mineral water	Mineral water	Mineral water
3 O'CLOCK SNACK		Plum	Grapes	Strawberries	Fruit salad
		Natural yoghurt	Slices of white bread with	Gingerbread	Buttered crispbread
		Muesli	apple compote	Growing-up milk	Mineral water
		Mineral water	Mineral water		
5 O'CLOCK SNACK		Grapes	Raw vegetables (celery)	Apple	Raw vegetables (carrots)
		Mineral water	Mineral water	Mineral water	Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic





		UNDER 12	2 MONTHS		
Week 18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Lamb	Tuna		Eggs	Cod
	Carrots	Eggplant		Mushrooms	Fennel
	Potato/semolina	Potato		Potato/Rice	Potato/Rice
	Rapeseed oil	Soybean oil		Rapeseed oil	Corn oil
	Mineral water	Mineral water		Mineral water	Mineral water
SNACK	Banana	Banana		Banana	Banana
	Grapes	Apple		Grape	Pear
	Mineral water	Mineral water		Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Banana	Kiwi		Passion fruit	Apple
	Mineral water	Mineral water		Mineral water	Mineral water
LUNCH: 11:30 am	Creamy courgette soup	Raw vegetables (cherry		Raw vegetables (carrots)	Soup
	Chickpeas with vegetables	tomatoes)		Eggs	Cod
	(carrots, green beans and	Tuna		Mushrooms	Fennel
	tomato sauce)	Eggplant		Pasta	Rice
	Semolina	Potato		Rapeseed oil	Olive oil
	Rapeseed oil	Soybean oil		Mineral water	Mineral water
	Mineral water	Mineral water			
3 O'CLOCK SNACK	Grapes	Apple		Grape	Pear
	Petit Beurre biscuits	Slices of white bread with		Slice of buttered brown	Rice cracker
	Mineral water	honey		bread	Mineral water
		Growing-up milk		Mineral water	
5 O'CLOCK SNACK	Raw vegetables (radish)	Strawberry		Raw vegetables	Dates
	Mineral water	Mineral water		(cucumber)	Mineral water
				Mineral water	

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Eggs	Chicken	Tuna	Veal	Cod
	Lettuce	Red cabbage	Tomatoes	Carrots	Fennel
	Potato	Potato	Potato/pasta	Potato	Potato/rice
	Corn oil	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Grapes	Strawberries	Apple	Pear	Cherries
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Kiwi	Mango	Passion fruit	Banana	Apple
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
	Pea soup	Raw vegetables (fennel)	8 vegetable soup	Raw vegetables (cherry	Soup
	Watercress and bacon	Chicken	Pasta salad with tuna,	tomatoes)	Cod
	quiche	Red cabbage with apples	tomatoes, cucumber, feta	Roast veal	Fennel
	Lettuce	Mashed potato	and olives	Carrots	Rice
	Corn oil	Rapeseed oil	Olive oil	Potato	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Soybean oil	Mineral water
				Mineral water	
3 O'CLOCK SNACK	Grapes	Strawberry soup	Apple	Pear	Cherries
	Slices of buttered white	Full fat yoghurt	Rice cake	Slices of brown bread with	Buttered brioche
	bread with apple compote	Breadsticks	Mineral water	Sirop de Liège	Mineral water
	Mineral water	Mineral water		Growing-up milk	
5 O'CLOCK SNACK	Raw vegetables	Banana	Raw vegetables (radish)	Grapes	Raw vegetables
	(cucumber)	Mineral water	Mineral water	Mineral water	(cucumber)
	Mineral water				Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Tuna	Salmon	Turkey	Beef	Hake
	Beetroot	Peas	Broccoli	Carrots	Eggplant
	Potato	Potato	Potato	Potato/pasta	Potato
	Corn oil	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Pear	Apple	Strawberries	Pear	Cherries
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Passion fruit	Banana	Kiwi	Mango	Strawberries
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables (radish)	Raw vegetables (cherry	Kohlrabi soup	Raw vegetables (Beetroot)	Chard soup
	Tuna	tomatoes)	Turkey	Lasagne with Quorn	Hake
	Beetroot	Salmon	Broccoli and green beans	bolognese	Eggplant
	Potato	Peas and carrots	Quinoa	Soybean oil	Potato
	Corn oil	Potato	Olive oil	Mineral water	Rapeseed oil
	Mineral water	Rapeseed oil	Mineral water		Mineral water
		Mineral water			
3 O'CLOCK SNACK	Pear	Apple	Strawberry and banana	Pear	Cherries
	Rice cracker	Slices of brown bread with	smoothie	Slices of white bread with	Buttered crispbread
	Milk	white cheese, radish and	Breadsticks	honey	Mineral water
		chives	Mineral water	Growing-up milk	
		Mineral water			
5 O'CLOCK SNACK	Banana	Grapes	Raw vegetables	Banana	Raw vegetables (carrots)
	Mineral water	Mineral water	(cucumber)	Mineral water	Mineral water
			Mineral water		

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 1	2 MONTHS		
Week 21	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Cod	Chicken	Beef	Tuna	Veal
	Celery	Cauliflower	Peppers	Beetroot	Peas
	Potato/semolina	Potato	Potato	Potato	Potato/pasta
	Soybean oil	Rapeseed oil	Sunflower oil	Rapeseed oil	Olive oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Cherries	Mango	Pear	Apple	Peach
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Banana	Kiwi	Strawberries	Passion fruit	Cherries
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables	Onion soup	7 vegetable soup	Raw vegetables (radish)	Red soup
	(cucumber)	Chicken	Quinoa salad with kidney	Tuna	Veal
	Cod in tomato and	Cauliflower	beans, tomatoes, peppers	Beetroot	Peas
	vegetable sauce (turnips,	Potato	and coriander	Potato	Multicoloured pasta and
	celery and carrots) with	Rapeseed oil	Sunflower oil	Rapeseed oil	grated cheese
	semolina	Mineral water	Mineral water	Mineral water	Olive oil
	Soybean oil				Mineral water
	Mineral water				
3 O'CLOCK SNACK	Cherries	Mango	Pear	Apple	Fruit salad
	Slices of white bread with	Buttered crispbread	Natural yoghurt	Slices of buttered brown	Rice cake
	goat's cheese	Mineral water	Speculoos	bread	Mineral water
	Mineral water		Mineral water	Mineral water	
5 O'CLOCK SNACK	Apple	Raw vegetables	Raw vegetables (fennel)	Banana	Raw vegetables (cherry
	Mineral water	(cucumber)	Mineral water	Mineral water	tomatoes)
		Mineral water			Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



	UNDER 12 MONTHS						
Week 22	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
LUNCH	Pork	Salmon	Eggs				
	Zucchini	Green beans	Broccoli				
	Potato/rice	Potato	Potato				
	Rapeseed oil	Soybean oil	Corn oil				
	Mineral water	Mineral water	Mineral water				
SNACK	Banana	Banana	Banana				
	Melon	Raspberries	Apple				
	Mineral water	Mineral water	Mineral water				
		OVER 12	MONTHS				
9 O'CLOCK SNACK	Banana	Melon	Cherries				
	Mineral water	Mineral water	Mineral water				
LUNCH: 11:30 am	Soup	Raw vegetables (radish)	8 vegetable soup				
	Pork	Salmon	Eggs				
	Zucchini	Green beans	Broccoli				
	Rice	Potato	Potato				
	Rapeseed oil	Soybean oil	Corn oil				
	Mineral water	Mineral water	Mineral water				
3 O'CLOCK SNACK	Melon	Raspberries	Apple				
	Slices of brown bread with	Rolled oats	Slices of white bread with				
	Sirop de Liège	Whole milk	Sirop de Liège				
	Mineral water		Mineral water				
5 O'CLOCK SNACK	Raw vegetables (peppers)	Apple	Raw vegetables				
	Mineral water	Mineral water	(cucumber)				
			Mineral water				

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 23	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Lamb	Tuna	Beef	Cod	Chicken
	Turnips	Artichokes	Carrots	Green cabbage	Tomatoes
	Potato	Potato/pasta	Potato	Potato	Potato/rice
	Corn oil	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Kiwi	Apple	Rhubarb	Melon	Peach
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Plum	Banana	Raspberries	Kiwi	Cherries
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
	Raw vegetables (radish)	Pea soup	Gazpacho	Raw vegetables	7 vegetable soup
	Lamb	Pasta salad with tuna,	Beef	(cucumber)	Chicken
	Turnips	artichokes, apples and	Carrots in mild curry sauce	Cod gratin with green	Lettuce and cherry
	Potato	lemon juice	Potato	cabbage	tomatoes
	Corn oil	Rapeseed oil	Olive oil	Rice	Potato
	Mineral water	Mineral water	Mineral water	Soybean oil	Rapeseed oil
				Mineral water	Mineral water
3 O'CLOCK SNACK	Kiwi	Apple	Rhubarb compote	Melon	Semolina pudding with
	Rice cake	Slices of white bread with	Natural yoghurt	Slices of buttered brown	peaches
	Growing-up milk	honey	Crispbreads	bread	Mineral water
		Mineral water	Mineral water	Mineral water	
5 O'CLOCK SNACK	Cherries	Raw vegetables (cherry	Banana	Apple	Raw vegetables (peppers)
	Mineral water	tomatoes)	Mineral water	Mineral water	Mineral water
		Mineral water			

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	MONTHS		
Week 24	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH		Pork	Salmon	Eggs	Hake
		Carrots	Asparagus	Tomatoes	Peppers
		Potato/rice	Potato	Potato/pasta	Potato
		Olive oil	Rapeseed oil	Soybean oil	Rapeseed oil
		Mineral water	Mineral water	Mineral water	Mineral water
SNACK		Banana	Banana	Banana	Banana
		Mango	Peach	Raspberries	Melon
		Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK		Nectarine	Raspberries	Watermelon	Cherries
		Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am		Raw vegetables (peppers)	8 vegetable soup	Raw vegetables (cherry	Creamy chard soup
		Mashed lentils with	Salmon	tomatoes)	Hake
		carrots	Asparagus	Scrambled eggs	Vegetable ratatouille
		Rice	Rapeseed oil	Onions and parsley	Potato
		Olive oil	Mineral water	Pasta	Rapeseed oil
		Mineral water		Soybean oil	Mineral water
				Mineral water	
3 O'CLOCK SNACK		Mango	Peach	Raspberries	Fruit salad
		Buttered crispbread	Rice cake	Homemade rice pudding	Buttered brioche
		Growing-up milk	Mineral water	Mineral water	Mineral water
5 O'CLOCK SNACK		Banana	Raw vegetables	Apple	Raw vegetables (carrots)
		Mineral water	(cucumber)	Mineral water	Mineral water
			Mineral water		

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 25	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Beef	Tuna	Turkey	Cod	Eggs
	White cabbage	Lettuce	Broccoli	Green beans	Beetroot
	Potato	Potato/wheat	Potato	Potato/pasta	Potato
	Corn oil	Olive oil	Rapeseed oil	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Peach	Melon	Strawberries	Apple	Cherries
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Raspberries	Mango	Cherries	Nectarine	Apple
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Creamy red soup	Raw vegetables (tomato)	7 vegetable soup	Raw vegetables (carrots)	Creamy asparagus soup
	Beef	Tuna	Turkey	Cod with tomato sauce	Eggs
	White cabbage	Lettuce	Broccoli	Green beans	Beetroot
	Potato	Wheat	Potato	Pasta	Potato
	Corn oil	Olive oil	Rapeseed oil	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
3 O'CLOCK SNACK	Peach	Melon	Strawberries	Apple	Cherries
	Slices of buttered white	Yogurt	Slices of buttered brown	Buttered rusk	Rice cracker
	bread with rhubarb	Rusk	bread with honey	Mineral water	Mineral water
	compote	Mineral water	Mineral water		
	Mineral water				
5 O'CLOCK SNACK	Raw vegetables	Apple	Raw vegetables (radish)	Banana	Raw vegetables (peppers)
	(cucumber)	Mineral water	Mineral water	Mineral water	Mineral water
	Mineral water				

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 26	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Salmon	Veal	Chicken	Tilapia fillet	Pork
	Spinach	Lettuce	Cress	Zucchini	Kohlrabi
	Potato	Potato	Potato	Potato/Rice	Potato/pasta
	Rapeseed oil	Soybean oil	Sunflower oil	Olive oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Mango	Apricot	Strawberries	Apple	Peach
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Banana	Blueberries	Passion fruit	Lychees	Watermelon
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables (radish)	Pumkin soup	Raw vegetables (peppers)	Gazpacho	Raw vegetables (radish)
	Salmon	Veal	Chicken	Tilapia fillet	Pork
	Spinach	Lettuce/sweetcorn	Cress	Zucchini	Kohlrabi
	Potato	Quinoa	Sunflower oil	Rice	Potato
	Rapeseed oil	Soybean oil	Mineral water	Olive oil	Rapeseed oil
	Mineral water	Mineral water		Mineral water	Mineral water
3 O'CLOCK SNACK	Mango	Apricot	Smoothie wilk and	Apple	Peach
	Buttered sandwich	Slices of buttered brown	strawberries	Slices of white bread with	Nic nac
	Mineral water	bread with honey	Grissini	Liege sirup	Milk
		Mineral water	Mineral water	Mineral water	
5 O'CLOCK SNACK	Apple	Raw vegetables (tomato)	Melon	Raw vegetables	Banana
	Mineral water	Mineral water	Mineral water	(cucumber)	Mineral water
				Mineral water	

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 27	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Turkey	Tuna	Beef	Cod	Eggs
	Peppers	Eggplant	Carrots	Broccoli	Green beans
	Potato/Semolina	Potato/pasta	Potato	Potato/rice	Potato
	Corn oil	Olive oil	Rapeseed oil	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Nectarine	Watermelon	Peach	Strawberries	Blackberries
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Raspberries	Banana	Cherries	Blackberries	Gooseberries
9 O CLOCK SNACK	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
	Soup with peas	Raw vegetables (fennel) Tuna	Red soup Beef	Raw vegetables (tomato)  Cod	Creamy fennel soup
	Semolina salad, turkey,			Broccoli	Eggs Green beans
	pepper, cucumber,	Eggplant	Pasta with lentils, carrots		
	mango, shallot and	Potato	and celery	Potato	Potato
	coriander	Olive oil	Rapeseed oil	Soybean oil	Rapeseed oil
	Corn oil	Mineral water	Mineral water	Mineral water	Mineral water
2 0/01 0 01/ 01/4 01/	Mineral water	) A	6 1: ::1 :!!	6	- · · · · ·
3 O'CLOCK SNACK	Nectarine	Watermelon	Semolina with milk and	Strawberries	Fruit salad
	Slices of buttered white	Buttered rusk	peaches	Rusk	Buttered brioche
	bread	Mineral water	Mineral water	Mineral water	Milk
	Mineral water				
5 O'CLOCK SNACK	Raw vegetables (tomato)	Apple	Raw vegetables	Banana	Raw vegetables (peppers)
	Mineral water	Mineral water	(cucumber)	Mineral water	Mineral water
			Mineral water		

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	MONTHS		
Week 28	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Salmon	Lamb	Hake	Beef	Chicken
	Turnips	Cauliflower	Fennel	Cress	Lettuce
	Potato	Potato/Pasta	Potato	Potato/wheat	Potato
	Corn oil	Olive oil	Rapeseed oil	Soybean oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Mango	Cherries	Strawberries	Melon	Blackberries
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Banana	Passion fruit	Nectarine	Blueberries	Apricot
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables	Squash soup	Raw vegetables	7 vegetables soup	Raw vegetables (carrots)
	(cucumber)	Lamb	(tomatoes)	Beef	Tilapia fillet
	Salmon	Cauliflower gratin	Hake	Cress	Green beans
	Turnips	Pasta	Fennel	Wheat	Potato
	Potato	Olive oil	Potato	Soybean oil	Rapeseed oil
	Corn oil	Mineral water	Rapeseed oil	Mineral water	Mineral water
	Mineral water		Mineral water		
3 O'CLOCK SNACK	Mango smoothie	Cherries	Strawberries	Melon	Blueberries
	Rusk	Slices of white bread with	Rolled oats	Slices of brown bread with	Buttered rusk
	Mineral water	honey	Yogurt	apple compote	Whole milk
		Mineral water	Mineral water	Mineral water	
5 O'CLOCK SNACK	Watermelon	Raw vegetables (carrots)	Banana	Raw vegetables (peppers)	Raw vegetables (fennel)
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 29	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Eggs	Tuna	Veal	Cod	Pork
	Peas	Zucchini	Pumkin	Spinach	Red cabbage
	Potato/Pasta	Potato	Potato/Rice	Potato	Potato
	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil	Olive oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Strawberries	Watermelon	Apricots	Apple/Cassis	Peach
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Lychees	Blueberries	Raspberries	Passion fruit	Cherries
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Red soup	Raw vegetables (radish)	7 vegetables soup	Raw vegetables (peppers)	Chard soup
	Eggs	Tuna	Veal	Hake	Pork
	Peas	Zucchini	Pumkin	Spinach	Red cabbage with apple
	Pasta with cheese	Potato	Rice	Potato	Olive oil
	Rapeseed oil	Olive oil	Soybean oil	Rapeseed oil	Mineral water
	Mineral water	Mineral water	Mineral water	Mineral water	
3 O'CLOCK SNACK	Strawberries soup	Watermelon	Apricots	Cassis	Peach
	Yogurt	Slices of buttered with	Buttered sandwich	Buttered rusk	Petit beurre
	Grissini	bread with liege sirup	Mineral water	Mineral water	Mineral water
	Mineral water	Mineral water			
5 O'CLOCK SNACK	Raw vegetables	Banana	Raw vegetables (tomato)	Apple	Raw vegetables
	(cucumber)	Mineral water	Mineral water	Mineral water	(cucumber)
	Mineral water				Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



	UNDER 12 MONTHS							
Week 30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
LUNCH	Turkey	Beef	Salmon	Eggs	Hake			
	White cabbage	Cress	Broccoli	Beetroot	Peppers			
	Potato	Potato/rice	Potato	Potato	Potato/semolina			
	Olive oil	Rapeseed oil	Corn oil	Rapeseed oil	Olive oil			
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water			
SNACK	Banana	Banana	Banana	Banana	Banana			
	Apricots	Apple/Cassis	Strawberries	Apple	Peach			
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water			
		OVER 12	MONTHS					
9 O'CLOCK SNACK	Banana	Raspberries	Mango	Cherries	Blueberries			
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water			
LUNCH: 11:30 am	Tomato soup	Raw vegetables (carrots)	8 vegetables soup	Raw vegetables (tomato)	Watercress soup			
	Turkey	Beef	Salmon	Eggs	Hake			
	White cabbage	Cress	Broccoli	Beetroot	Pepper, zucchini and			
	Potato	Rice	Potato	Potato with parsley	eggplant ratatouille			
	Olive oil	Rapeseed oil	Corn oil	Rapeseed oil	Semolina			
	Mineral water	Mineral water	Mineral water	Mineral water	Olive oil			
					Mineral water			
3 O'CLOCK SNACK	Apricots	Cassis	Strawberries smoothie	Apple	Peach compote			
	Rolled oats	Slices of buttered white	Rusk	Slices of buttered brown	Grissini			
	Whole milk	bread with honey	Mineral water	bread	Mineral water			
		Mineral water		Milk				
5 O'CLOCK SNACK	Raw vegetables	Apple	Raw vegetables (radish)	Banana	Raw vegetables			
	(cucumber)	Mineral water	Mineral water	Mineral water	(cucumber)			
	Mineral water				Mineral water			

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	MONTHS		
Week 31	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Lamb	Tuna	Eggs	Cod	Veal
	Turnips	Artichoke	Carrots	Zucchini	Green beans
	Potato	Potato/wheat	Potato	Potato/Rice	Potato
	Sunflower oil	Corn oil	Rapeseed oil	Olive oil	Soybean oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Strawberries	Apple	Mango	Peach	Apple
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Banana	Banana	Cherries	Dates	Melon
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables (cherry	Chard soup	Raw vegetables (fennel)	Pumkin soup	Raw vegetables
	tomatoes)	Wheat salad, tuna,	Eggs	Cod	(cucumber)
	Lamb	artichokes and lemon juice	Carrots	Zucchini	Veal
	Turnips	Corn oil	Potato	Rice	Green beans
	Potato	Mineral water	Rapeseed oil	Olive oil	Potato
	Sunflower oil		Mineral water	Mineral water	Soybean oil
	Mineral water				Mineral water
3 O'CLOCK SNACK	Strawberries	Cassis	Smoothie banana mango	Peach	Fruit salad
	Slices of buttered white	Buttered sandwich with	Rice cracker	Yogurt and rusk	Semolina
	bread	honey	Mineral water	Mineral water	Mineral water
	Milk	Mineral water			
5 O'CLOCK SNACK	Almond	Raw vegetables	Banana	Raw vegetables (tomato)	Apple
	Mineral water	(cucumber)	Mineral water	Mineral water	Mineral water
	or the menu is adopted to their nutrition	, Mineral water		om the child's naediatrician as well a	

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 32	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Salmon	Chicken	Beef	Tilapia fillet	Pork
	Spinach	Lettuce	Carrots	Eggplant	Peas
	Potato	Potato	Potato	Potato	Potato/Pasta
	Corn oil	Rapeseed oil	Olive oil	Sunflower oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Watermelon	Mango	Melon	Pear	Peach
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Raspberries	Plums	Dates	Blackberries	Gooseberries
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Red soup	Raw vegetables	Zucchini soup	Raw vegetables	Soup
	Salmon	(cucumber)	Lentil, carrot and bulgur	Tilapia fillet	Pork
	Spinach	Chicken	salad	Eggplant	Pasta with cheese and
	Potato	Lettuce/Corn	Olive oil	Potato	peas
	Corn oil	Potato	Mineral water	Sunflower oil	Rapeseed oil
	Mineral water	Rapeseed oil		Mineral water	Mineral water
		Mineral water			
3 O'CLOCK SNACK	Watermelon	Mango	Melon	Pear	Semolina with milk and
	Rusk	Slices of buttered white	Yogurt	Slices of buttered brown	peaches
	Mineral water	bread	Speculoos	bread with strawberries	
		Mineral water	Growing-up milk	compote	
				Mineral water	
5 O'CLOCK SNACK	Banana	Almond	Raw vegetables (pepper)	Banana	Raw vegetables
	Mineral water	Mineral water	Mineral water	Mineral water	(cucumber)
					Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



	UNDER 12 MONTHS							
Week 33	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
LUNCH	Turkey	Tuna	Eggs		Veal			
	Cress	Tomato	Beetroot		Lettuce			
	Potato	Potato/Pasta	Potato		Potato			
	Rapeseed oil	Olive oil	Sunflower oil		Rapeseed oil			
	Mineral water	Mineral water	Mineral water		Mineral water			
SNACK	Banana	Banana	Banana		Banana			
	Blueberries	Watermelon	Melon		Plum			
	Mineral water	Mineral water	Mineral water		Mineral water			
		OVER 12	MONTHS					
9 O'CLOCK SNACK	Kiwi	Banana	Blueberries		Fig			
	Mineral water	Mineral water	Mineral water		Mineral water			
LUNCH: 11:30 am	Raw vegetables	Gazpacho	Raw vegetables (tomato)		Zucchini soup			
	(cucumber)	Pasta salad with tuna,	Eggs		Veal			
	Turkey	corn, tomatoes, cucumber	Beetroot		Lettuce and tomato			
	Cress	Olive oil	Potato		Potato			
	Potato	Mineral water	Sunflower oil		Rapeseed oil			
	Rapeseed oil		Mineral water		Mineral water			
	Mineral water							
3 O'CLOCK SNACK	Melon	Watermelon	Strawberries		Plum			
	Yogurt and rusk	Biscuits	Slices of buttered white		Slices of buttered brown			
	Mineral water	Mineral water	bread		bread			
			Growing-up milk		Mineral water			
5 O'CLOCK SNACK	Dates	Raw vegetables (peppers)	Banana		Raw vegetables			
	Mineral water	Mineral water	Mineral water		(cucumber)			
					Mineral water			

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER	12 MONTHS		
Week 34	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Lamb	Beef	Salmon	Pork	Tilapia fillet
	Carrots	Kohlrabi	Zucchini	Turnips	Green beans
	Potato/semolina	Potato	Potato/wheat	Potato	Potato
	Olive oil	Sunflower oil	Soybean oil	Rapeseed oil	Olive oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Strawberries	Watermelon	Blueberries	Apple/Cassis	Peach
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 1	12 MONTHS		•
9 O'CLOCK SNACK	Banana	Melon	Apricot	Banana	Blackberries
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables	Pumkin soup	Raw vegetables (tomato)	Gazpacho	Raw vegetables (carrots)
	(cucumber)	Beef	Salmon	Pork	Tilapia fillet
	Lamb	Kohlrabi	Zucchini	Turnips	Green beans
	Carrots	Potato	Wheat	Potato	Potato
	Semolina	Sunflower oil	Soybean oil	Rapeseed oil	Olive oil
	Olive oil	Mineral water	Mineral water	Mineral water	Mineral water
	Mineral water				
3 O'CLOCK SNACK	Pear	Watermelon	Blueberries	Fruit salad	Melon
	Slices of buttered white	Rusk with cheese	Slices of buttered white	Semolina	Rolled oats
	bread with Liege's sirup	Mineral water	bread with apple compote	Mineral water	Milk
	Growing-up milk		Mineral water		
5 O'CLOCK SNACK	Strawberries	Banana	Raw vegetables (tomato)	Apple	Raw vegetables
	Mineral water	Mineral water	Mineral water	Mineral water	(cucumber)
					Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



UNDER 12 MONTHS							
Week 35	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
LUNCH	Eggs	Tuna	Veal	Hake	Chicken		
	Broccoli	Artichoke	Green beans	Eggplant	Peppers		
	Potato	Potato/Pasta	Potato	Potato	Potato/Semolina		
	Olive oil	Soybean oil	Corn oil	Rapeseed oil	Olive oil		
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water		
SNACK	Banana	Banana	Banana	Banana	Banana		
	Melon	Watermelon	Apricot	Cherries	Plum		
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water		
		OVER 12	MONTHS				
9 O'CLOCK SNACK	Banana	Strawberries	Pear	Apple	Blueberries		
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water		
LUNCH: 11:30 am	Asparagus soup	Raw vegetables (tomato)	Celery soup	Raw vegetables	Zucchini soup		
20110111 22100 0111	Eggs	Pasta salad with tuna,	Veal	(cucumber)	Semolina salad, chicken,		
	Broccoli	artichokes, lettuce, apples	Green beans	Hake	mango, cucumber, pepper,		
	Potato	and lemon juice	Potato	Eggplant	coriander		
	Olive oil	Soybean oil	Corn oil	Potato	Olive oil		
	Mineral water	Mineral water	Mineral water	Rapeseed oil	Mineral water		
	Willieral Water	I water	Willieral Water	Mineral water	ivillieral water		
3 O'CLOCK SNACK	Melon	Smoothie watermelon,	Yogurt with apricot	Cherries	Plum		
	Slices of buttered white	cucumber, lime and mint	compote and rusk	Buttered brioche	Slice of buttered brown		
	bread with Liege's sirup	Grissini	Mineral water	Mineral water	bread		
	Whole milk	Mineral water			Mineral water		
5 O'CLOCK SNACK	Raw vegetables	Blueberries	Raw vegetables (fennel)	Banana	Raw vegetables (tomato)		
	(cucumber)	Mineral water	Mineral water	Mineral water	Mineral water		
	Mineral water						

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 36	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Lamb	Beef	Salmon	Egg	Cod
	Carrots	Kohlrabi	Parsnip	Broccoli	Zucchini
	Potato	Potato	Potato	Potato	Potato/Rice
	Corn oil	Rapeseed oil	Olive oil	Sunflower oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Pear	Plum	Kiwi	Peach	Apple
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Banana	Melon	Mirabelle plum	Blackberries	Raspberries
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables (radish)	Tomato soup	Raw vegetables (Beetroot)	Carrot soup	Raw vegetables
	Lamb	Beef	Salmon	Egg	(cauliflower)
	Carrots with prunes	Kohlrabi	Parsnip	Broccoli	Cod
	Potato	Quinoa	Potato	Potato	Zucchini
	Corn oil	Rapeseed oil	Olive oil	Sunflower oil	Rice
	Mineral water	Mineral water	Mineral water	Mineral water	Rapeseed oil
					Mineral water
3 O'CLOCK SNACK	Pear	Plum	Kiwi	Peach	Apple
	Rolled oats	Rice cracker	Slice of buttered white	Natural yoghurt	Slice of buttered brown
	Whole milk	Mineral water	bread	Speculoos	bread with honey
			Milk	Mineral water	Mineral water
5 O'CLOCK SNACK	Blueberries	Raw vegetables (peppers)	Grapes	Raw vegetables	Banana
	Mineral water	Mineral water	Mineral water	(cucumber)	Mineral water
				Mineral water	

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 37	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Turkey	Tuna	Veal	Tilapia fillet	Beef
	Leeks	Green beans	Red cabbage	Fennel	Tomatoes
	Potato	Potato/wheat	Potato	Potato	Potato/pasta
	Sunflower oil	Corn oil	Rapeseed oil	Olive oil	Soybean oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Kiwi	Apple	Grapes	Melon	Peach
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Grapes	Banana	Plum	Pear	Figs
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables	Chard soup	Raw vegetables (radish)	Kohlrabi soup	Raw vegetables (beetroot)
	(tomatoes)	Tuna	Veal	Tilapia fillet	Pasta with bolognese
	Turkey	Green beans	Red cabbage	Fennel	sauce (Quorn)
	Leeks	Wheat	Potato	Potato	Soybean oil
	Potato	Corn oil	Rapeseed oil	Olive oil	Mineral water
	Sunflower oil	Mineral water	Mineral water	Mineral water	
	Mineral water				
3 O'CLOCK SNACK	Kiwi	Apple	Grapes	Melon	Peach
	Gingerbread	Buttered sandwich	Rolled oats	Slices of buttered brown	Rice cake
	Mineral water	Mineral water	Whole milk	bread with strawberry	Growing-up milk
				compote	
				Mineral water	
5 O'CLOCK SNACK	Melon	Raw vegetables (carrots)	Banana	Raw vegetables (peppers)	Grapes
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	! MONTHS		
Week 38	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Salmon	Chicken	Pork	Eggs	Hake
	Broccoli	Green cabbage	Zucchini	Cauliflower	Spinach
	Potato/rice	Potato	Potato/pasta	Potato	Potato
	Corn oil	Rapeseed oil	Olive oil	Sunflower oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Melon	Figs	Plum	Apple	Pear
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		-
9 O'CLOCK SNACK	Banana	Mirabelle plums	Peach	Grapes	Apple
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables (carrots)	Leek soup	Raw vegetables (peppers)	Celery soup	Raw vegetables
	Salmon	Chicken	Pork	Eggs	(tomatoes)
	Broccoli	Green cabbage	Zucchini	Cauliflower	Hake
	Rice	Potato	Pasta with cheese	Potato	Spinach
	Corn oil	Rapeseed oil	Olive oil	Sunflower oil	Potato
	Mineral water	Mineral water	Mineral water	Mineral water	Rapeseed oil
					Mineral water
3 O'CLOCK SNACK	Melon	Figs	Plum	Apple	Pear
	Crispbreads with honey	Slices of bread with goat's	Rice cake	Natural yoghurt	Slices of buttered white
	Mineral water	cheese	Growing-up milk	Sponge finger biscuits	bread
		Mineral water		Mineral water	Growing-up milk
5 O'CLOCK SNACK	Apple	Raw vegetables	Blueberries	Raw vegetables	Banana
	Mineral water	(tomatoes)	Mineral water	(cucumber)	Mineral water
		Mineral water		Mineral water	

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 1	2 MONTHS		
Week 39	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Beef	Tuna	Turkey	Cod	Lamb
	Asparagus	Eggplant	Leeks	Peppers	Carrots
	Potato	Potato	Potato	Potato	Potato/semolina
	Rapeseed oil	Olive oil	Sunflower oil	Corn oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Blueberries	Pear	Melon	Apple	Peach
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Kiwi	Grapes	Blackberries	Raspberries	Banana
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Broccoli soup	Raw vegetables (fennel)	Beetroot soup	Raw vegetables	Tomato soup
	Beef	Tuna	Turkey	(cucumber)	Lamb
	Asparagus	Eggplant	Leeks	Cod	Carrots and prunes
	Potato	Potato	Potato	Peppers	Semolina
	Rapeseed oil	Olive oil	Sunflower oil	Potato	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Corn oil	Mineral water
				Mineral water	
3 O'CLOCK SNACK	Banana and blueberry	Pear	Melon	Apple	Peach
	smoothie	Zwieback with gouda	Slices of buttered white	Natural yoghurt	Slices of buttered brown
	Breadsticks	Mineral water	bread	Corn Flakes	bread
	Mineral water		Growing-up milk	Mineral water	Mineral water
5 O'CLOCK SNACK	Raw vegetables	Apple	Raw vegetables (carrots)	Banana	Raw vegetables (radish)
	(tomatoes)	Mineral water	Mineral water	Mineral water	Mineral water
	Mineral water				

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 40	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Veal	Salmon	Egg	Tilapia fillet	Pork
	Green beans	Celeriac	Spinach	Zucchini	Squash
	Potato/wheat	Potato	Potato	Potato/rice	Potato
	Olive oil	Sunflower oil	Soybean oil	Rapeseed oil	Olive oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Pear	Apple	Grapes	Melon	Apple
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Blueberries	Banana	Pear	Apple	Raspberries
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables	Tomato soup	Raw vegetables (fennel)	Chard soup	Raw vegetables (celery)
	(cucumber)	Salmon	Egg	Tilapia fillet	Pork
	Veal	Celeriac stoemp	Spinach	Zucchini	Squash
	Green beans	Sunflower oil	Potato	Rice	Potato
	Wheat	Mineral water	Soybean oil	Rapeseed oil	Olive oil
	Olive oil		Mineral water	Mineral water	Mineral water
	Mineral water				
3 O'CLOCK SNACK	Pear	Apple	Grapes	Figs	Banana and blueberry
	Slices of buttered white	Petit Beurre biscuits	Rolled oats	Slices of brown bread with	smoothie
	bread	Mineral water	Whole milk	Liège's sirup	Breadsticks
	Growing-up milk				Mineral water
5 O'CLOCK SNACK	Grapes	Raw vegetables (carrots)	Banana	Raw vegetables (radish)	Blackberries
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 1	2 MONTHS		
Week 41	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Chicken	Beef	Tuna	Egg	Hake
	Carrots	Zucchini	Green beans	Spinach	Broccoli
	Potato	Potato	Potato	Potato/wheat	Potato
	Olive oil	Soybean oil	Corn oil	Rapeseed oil	Olive oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Melon	Apple	Grapes	Plum	Mandarin
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	? MONTHS		
9 O'CLOCK SNACK	Banana	Pear	Figs	Mango	Apple
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables (carrots)	Watercress soup	Raw vegetables (beetroot)	Squash soup	Raw vegetables (white
	Chicken	Beef	Tuna	Egg	cabbage)
	Homemade compote	Ratatouille	Green beans	Spinach	Hake
	Potato	Pasta	Potato	Wheat	Broccoli
	Olive oil	Soybean oil	Corn oil	Rapeseed oil	Potato
	Mineral water	Mineral water	Mineral water	Mineral water	Olive oil
					Mineral water
3 O'CLOCK SNACK	Melon	Apple	Grapes	Plum	Smoothie: Banana and
	Rolled oats	Speculoos	Slices of brown bread with	Rice cake +	whole milk
	Whole milk	Mineral water	honey	Gouda	Breadsticks
			Mineral water	Mineral water	Mineral water
5 O'CLOCK SNACK	Dates	Raw vegetables (celery)	Banana	Raw vegetables (fennel)	Grapes
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 42	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Turkey	Cod	Pork	Veal	Salmon
	Celeriac	Tomato	Green beans	Chicory	Leeks
	Potato	Potato/rice	Potato	Potato	Potato
	Rapeseed oil	Corn oil	Rapeseed oil	Olive oil	Sunflower oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Mandarin	Apple	Grapes	Pear	Nectarine
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Grapes	Banana	Dates	Mango	Banana
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Watercress soup	Raw vegetables (carrots)	Celery soup	Raw vegetables	Pepper soup
	Turkey	Cod	Pork	(tomatoes)	Salmon
	Celeriac	Tomato	Parsnip	Veal	Leeks
	Mashed potato	Rice	Potato	Chicory	Potato
	Rapeseed oil	Corn oil	Rapeseed oil	Quinoa	Sunflower oil
	Mineral water	Mineral water	Mineral water	Olive oil	Mineral water
				Mineral water	
3 O'CLOCK SNACK	Mandarin	Apple	Grapes	Pear	Nectarine
	Gingerbread	Slices of bread with goat's	Natural yoghurt	Slices of buttered brown	Crispbreads
	Mineral water	cheese	Zwieback	bread	Growing-up milk
		Mineral water	Mineral water	Mineral water	
5 O'CLOCK SNACK	Raw vegetables	Grapes	Raw vegetables (fennel)	Banana	Raw vegetables (carrots)
	(tomatoes)	Mineral water	Mineral water	Mineral water	Mineral water
	Mineral water				

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	MONTHS		
Week 43	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Tuna	Chicken	Eggs	Cod	Chicken
	Salsify	Mushrooms	Carrots	Spinach	Red cabbage
	Potato	Potato/rice	Potato	Potato	Potato
	Corn oil	Rapeseed oil	Olive oil	Sunflower oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Pear	Apple	Grapes	Melon	Apple
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Grapes	Mandarin	Mango	Banana	Blackberries
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables (carrots)	Squash soup	Raw vegetables	Turnip soup	Raw vegetables (celery)
	Tuna	Chicken	(tomatoes)	Cod	Chicken
	Salsify	Mushrooms	Eggs	Pasta with vegetables	Red cabbage
	Potato	Rice	Carrots	Sunflower oil	Mashed potato
	Corn oil	Rapeseed oil	Potato	Mineral water	Rapeseed oil
	Mineral water	Mineral water	Olive oil		Mineral water
			Mineral water		
3 O'CLOCK SNACK	Pear	Apple	Grapes	Melon	Fruit salad
	Rolled oats	Slices of buttered white	Rice cake	Natural yoghurt	Crispbreads
	Whole milk	bread	Mineral water	Sponge finger biscuits	Mineral water
		Mineral water		Mineral water	
5 O'CLOCK SNACK	Banana	Raw vegetables (fennel)	Plum	Raw vegetables (carrots)	Banana
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 44	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Pork	Lamb	Chicken	Tilapia fillet	
	Carrots	Salsify	Fennel	Artichoke	
	Potato	Potato/semolina	Potato	Potato	
	Rapeseed oil	Olive oil	Olive oil	Rapeseed oil	
	Mineral water	Mineral water	Mineral water	Mineral water	
SNACK	Banana	Banana	Banana	Banana	
	Apple	Pear	Grapes	Melon	
	Mineral water	Mineral water	Mineral water	Mineral water	
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Figs	Grapes	Pineapple	Dates	
	Mineral water	Mineral water	Mineral water	Mineral water	
LUNCH: 11:30 am	Broccoli soup	Raw vegetables	Peppers soup	Celery soup	
	Lentil parmentier	(cauliflower)	Chicken	Tilapia fillet	
	Rapeseed oil	Lamb	Fennel	Artichoke	
	Mineral water	Salsify	Potato	Potato	
		Semolina	Olive oil	Rapeseed oil	
		Olive oil	Mineral water	Mineral water	
		Mineral water			
3 O'CLOCK SNACK	Apple	Pear	Grape	Melon	
	Slices of bread with goat's	Buttered rusk	Yoghurt	Rice cracker	
	cheese	Mineral water	Mineral water	Mineral water	
	Mineral water				
5 O'CLOCK SNACK	Raw vegetables (cherry	Mandarin	Plum	Raw vegetables (cherry	
	tomatoes)	Mineral water	Mineral water	tomatoes)	
	Mineral water			Mineral water	

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



	UNDER 12 MONTHS							
Week 45	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
LUNCH	Eggs	Hake	Pork	Salmon	Turkey			
	Carrots	Celery	Salsify	Broccoli	Chicory			
	Potato	Potato/rice	Potato	Potato/pasta	Potato			
	Olive oil	Rapeseed oil	Corn oil	Rapeseed oil	Olive oil			
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water			
SNACK	Banana	Banana	Banana	Banana	Banana			
	Pear	Apple	Grapes	Melon	Plum			
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water			
		OVER 12	2 MONTHS					
9 O'CLOCK SNACK	Banana	Orange	Mango	Kiwi	Clementines			
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water			
LUNCH: 11:30 am	Watercress soup	Squash soup	Raw vegetables	Mushroom soup	Raw vegetables (carrots)			
	Eggs	Hake	(tomatoes)	Salmon	Roast turkey			
	Carrots	Celery	Pork	Broccoli	Chicory gratin			
	Mashed potato	Rice	Salsify	Pasta (elbow macaroni)	Potatoes with parsley			
	Olive oil	Rapeseed oil	Potato	Rapeseed oil	Olive oil			
	Mineral water	Mineral water	Corn oil	Mineral water	Mineral water			
			Mineral water					
3 O'CLOCK SNACK	Pear	Apple	Grapes	Red berries	Fruit salad			
	Slices of white bread with	Buttered rusk	Slices of brown bread with	Natural yoghurt	Buttered sandwich			
	strawberry compote	Growing-up milk	honey	Breadsticks	Mineral water			
	Mineral water		Mineral water	Mineral water				
5 O'CLOCK SNACK	Raw vegetables	Dates	Raw vegetables (peppers)	Banana	Banana			
	(tomatoes)	Mineral water	Mineral water	Mineral water	Mineral water			
	Mineral water							

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	MONTHS		
Week 46	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Tuna	Veal	Chicken	Pork	Tilapia fillet
	Zucchini	Red cabbage	Fennel	Spinach	Jerusalem artichoke
	Potato	Potato/rice	Potato	Potato/pasta	Potato
	Sunflower oil	Corn oil	Rapeseed oil	Olive oil	Sunflower oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Mandarin	Apple	Grapes	Pear	Melon
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Kiwi	Banana	Pineapple	Clementines	Grapes
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables (cherry	Watercress soup	Pepper soup	Raw vegetables (carrots)	Celery soup
	tomatoes)	Veal	Chicken	Roast pork	Tilapia fillet
	Tuna	Red cabbage with apples	Fennel	Creamed spinach	Jerusalem artichoke
	Zucchini	Quinoa	Potato	Pasta (penne)	Mashed potato
	Potato	Corn oil	Rapeseed oil	Olive oil	Sunflower oil
	Sunflower oil	Mineral water	Mineral water	Mineral water	Mineral water
	Mineral water				
3 O'CLOCK SNACK	Mandarin	Apple	Grapes	Pear	Melon
	Gingerbread	Slices of buttered white	Natural yoghurt	Slices of brown bread with	Rice cake
	Growing-up milk	bread	Buttered zwieback	Liège's sirup	Mineral water
		Mineral water	Mineral water	Mineral water	
5 O'CLOCK SNACK	Grapes	Raw vegetables	Plum	Dates	Raw vegetables (cherry
	Mineral water	(cucumber)	Mineral water	Mineral water	tomatoes)
		Mineral water			Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	MONTHS		
Week 47	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Cod	Lamb	Salmon	Egg	Turkey
	Parsnip	Squash	Leeks	Mushrooms	Watercress
	Potato	Potato/semolina	Potato	Potato/rice	Potato
	Corn oil	Rapeseed oil	Olive oil	Sunflower oil	Corn oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Pear	Apple	Mandarin	Plum	Melon
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Passion fruit	Orange	Mango	Banana	Persimmon
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
	Tomato soup	Celery soup	Raw vegetables	8 vegetable soup	Raw vegetables (carrots)
	Cod	Lamb	(cucumber)	Egg	Turkey
	Parsnip	Squash	Salmon	Mushrooms	Watercress mash
	Potato	Semolina	Leek fondue	Rice	Potato
	Corn oil	Rapeseed oil	Potato	Sunflower oil	Corn oil
	Mineral water	Mineral water	Olive oil	Mineral water	Mineral water
			Mineral water		
3 O'CLOCK SNACK	Pear	Apple	Mandarin	Plum	Fruit salad
	Buttered sandwich with	Slices of bread with goat's	Rice cake	Natural yoghurt	Buttered crispbread
	apricot compote	cheese	Mineral water	Sponge finger biscuits	Growing-up milk
	Mineral water	Mineral water		Mineral water	
5 O'CLOCK SNACK	Banana	Grapes	Kiwi	Raw vegetables (cherry	Mandarin
	Mineral water	Mineral water	Mineral water	tomatoes)	Mineral water
				Mineral water	

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	2 MONTHS		
Week 48	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Egg	Cod	Pork	Beef	Hake
	Lamb's lettuce	Tomatoes	White cabbage	Carrots	Celeriac
	Potato	Potato/pasta	Potato	Potato/rice	Potato
	Rapeseed oil	Olive oil	Sunflower oil	Corn oil	Rapeseed oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Apple	Grapes	Melon	Plum	Pear
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Orange	Pineapple	Banana	Kiwi	Clementines
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables (cherry	Leek/onion soup	7 vegetable soup	Raw vegetables (radish)	Squash soup
	tomatoes)	Cod	Lentils with tomato sauce	Beef	Hake
	Egg	Vegetable ratatouille	Peppers	Carrots	Celeriac
	Lamb's lettuce	Greek pasta	Quinoa	Potato	Potato
	Potato	Olive oil	Sunflower oil	Corn oil	Rapeseed oil
	Rapeseed oil	Mineral water	Mineral water	Mineral water	Mineral water
	Mineral water				
3 O'CLOCK SNACK	Apple	Grapes	Melon	Passion fruit	Pear
	Rice cake with Liège's	Rusk with gouda	Slices of buttered white	Rice cake	Bread French toast
	sirup	Mineral water	bread	Mineral water	Growing-up milk
	Mineral water		Mineral water		
5 O'CLOCK SNACK	Banana	Raw vegetables (carrots)	Plum	Apple	Raw vegetables (cherry
	Mineral water	Mineral water	Mineral water	Mineral water	tomatoes)
					Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 1	2 MONTHS		
Week 49	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Egg	Hake	Pork	Salmon	Turkey
	Carrots	Leeks	Salsify	Zucchini	White cabbage
	Potato	Potato/wheat	Potato	Potato/pasta	Potato
	Olive oil	Sunflower oil	Corn oil	Rapeseed oil	Olive oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Pear	Apple	Clementines	Melon	Grapes
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Banana	Orange	Kiwi	Dates	Grapes
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Chicory soup	Squash soup	Raw vegetables (cherry	7 vegetable soup	Raw vegetables (carrots)
	Egg	Hake	tomatoes)	Salmon	Roast turkey
	Carrots	Leeks	Pork	Zucchini	White cabbage
	Mashed potato	Wheat	Salsify	Pasta (elbow macaroni)	Potatoes with parsley
	Olive oil	Sunflower oil	Potato	Rapeseed oil	Olive oil
	Mineral water	Mineral water	Corn oil	Mineral water	Mineral water
			Mineral water		
3 O'CLOCK SNACK	Pear	Apple	Clementines	Red berries	Fruit salad
	Slices of white bread with	Buttered rusk	Slices of brown bread with	Natural yoghurt	Buttered sandwich
	jam	Growing-up milk	honey	Breadsticks	Mineral water
	Mineral water		Mineral water	Mineral water	
5 O'CLOCK SNACK	Raw vegetables (cherry	Mango	Raw vegetables	Banana	Apple
	tomatoes)	Mineral water	(cucumber)	Mineral water	Mineral water
	Mineral water		Mineral water		

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



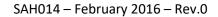
		UNDER 12	2 MONTHS		
Week 50	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Tilapia fillet	Veal	Chicken	Pork	Tuna
	Fennel	Tomato	Zucchini	Spinach	Jerusalem artichoke
	Potato	Potato/rice	Potato	Potato	Potato
	Sunflower oil	Corn oil	Rapeseed oil	Olive oil	Sunflower oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Mandarin	Apple	Grapes	Pear	Melon
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Kiwi	Banana	Pineapple	Clementines	Grapes
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
LUNCH: 11:30 am	Raw vegetables (cherry	Watercress soup	6 vegetable soup	Raw vegetables (carrots)	Celery soup
	tomatoes)	Veal	Chicken	Roast pork	Cod
	Tilapia fillet	Red cabbage with apples	Zucchini	Creamed spinach	Jerusalem artichoke
	Fennel	Quinoa	Potato	Pasta (penne)	Mashed potato
	Potato	Corn oil	Rapeseed oil	Olive oil	Sunflower oil
	Sunflower oil	Mineral water	Mineral water	Mineral water	Mineral water
	Mineral water				
3 O'CLOCK SNACK	Mandarin	Apple	Grapes	Pear	Melon
	Gingerbread	Natural yoghurt	Slices of white bread with	Slices of buttered brown	Buttered rusk
	Mineral water	Buttered rusk	Liege's sirup	bread	Mineral water
		Mineral water	Mineral water	Growing-up milk	
5 O'CLOCK SNACK	Grapes	Raw vegetables	Plum	Dates	Raw vegetables (cherry
	Mineral water	(cucumber)	Mineral water	Mineral water	tomatoes)
		Mineral water			Mineral water

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic



		UNDER 12	MONTHS		
Week 51	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Hake	Lamb	Salmon	Egg	Turkey
	Parsnip	Squash	Leeks	Mushrooms	Watercress
	Potato	Potato/semolina	Potato	Potato/rice	Potato
	Corn oil	Rapeseed oil	Olive oil	Sunflower oil	Corn oil
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
SNACK	Banana	Banana	Banana	Banana	Banana
	Pear	Apple	Plum	Clementines	Plum
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
		OVER 12 I	MONTHS		
9 O'CLOCK SNACK	Passion fruit	Clementines	Mango	Banana	Pear
	Mineral water	Mineral water	Mineral water	Mineral water	Mineral water
	Tomato soup	Celery soup	Raw vegetables	8 vegetable soup	Raw vegetables (carrots)
	Hake	Lamb	(cucumber)	Kidney beans	Turkey
	Parsnip	Squash	Salmon	Sweetcorn, tomatoes	Watercress mash
	Potato	Semolina	Leek fondue	Rice	Potato
	Corn oil	Rapeseed oil	Potato	Sunflower oil	Corn oil
	Mineral water	Mineral water	Olive oil	Mineral water	Mineral water
			Mineral water		
3 O'CLOCK SNACK	Pear	Apple	Plum	Clementines	Fruit salad
	Buttered sandwich with	Slices of bread with goat's	Rice cake	Natural yoghurt	Buttered crispbread
	apple compote	cheese	Mineral water	Sponge finger biscuits	Growing-up milk
	Mineral water	Mineral water		Mineral water	
5 O'CLOCK SNACK	Banana	Orange	Kiwi	Raw vegetables (cherry	Grapes
	Mineral water	Mineral water	Mineral water	tomatoes)	Mineral water
				Mineral water	

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic





UNDER 12 MONTHS					
Week 52	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Pork				
	Chicory				
	Potato				
	Corn oil				
	Mineral water				
SNACK	Banana				
	Grapes				
	Mineral water				
		OVER 12	MONTHS		
9 O'CLOCK SNACK	Pear				
	Mineral water				
LUNCH: 11:30 am	Raw vegetables				
	(tomatoes)				
	Roast pork				
	Chicory				
	Quinoa				
	Corn oil				
3 O'CLOCK SNACK	Grapes				
	Slices of white bread with				
	gouda				
	Mineral water				
5 O'CLOCK SNACK	Banana				
	Mineral water				

For any children with intolerances or allergies to a food on the menu, this food will be replaced by another product from the same food group, unless otherwise indicated by the parents and/or paediatrician. The fruits and vegetables are organic