

UNDER 12 MONTHS					
Week 1					FRIDAY 03/01
LUNCH					Chicken Carrots Potato Olive oil Mineral water
SNACK					Banana Grapes Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK					Grapes Mineral water
LUNCH: 11:30 am					7 vegetable soup Chicken Red cabbage with apples Potato Olive oil Mineral water
3 O'CLOCK SNACK					Fruit salad Buttered sandwich Mineral water
5 O'CLOCK SNACK					Raw vegetables (carrots) Mineral water

For children under 12 months old, the menu is adapted to their nutritional requirements, taking into account recommendations from ONE and from the child's paediatrician as well as the information provided by the parents on the dietary info sheet.

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The fruits and vegetables are organic

Approved by Esedra sprl

UNDER 12 MONTHS					
Week 2	MONDAY 06/01	TUESDAY 07/01	WEDNESDAY 08/01	THURSDAY 09/01	FRIDAY 10/01
LUNCH	Tilapia fillet Celeriac Potato Rapeseed oil Mineral water	Veal Green beans Potato Corn oil Mineral water	Chicken Salsify Potato Rapeseed oil Mineral water	Pork Fennel Potato Olive oil Mineral water	Cod Jerusalem artichoke Potato Soybean oil Mineral water
SNACK	Banana Mandarin Mineral water	Banana Apple Mineral water	Banana Grapes Mineral water	Banana Pear Mineral water	Banana Orange Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Mango Mineral water	Banana Mineral water	Pineapple Mineral water	Dates Mineral water	Grapes Mineral water
LUNCH: 11:30 am	Raw vegetables (cherry tomatoes) Tilapia fillet Celeriac Potato Rapeseed oil Mineral water	Watercress soup Veal Green beans Quinoa Corn oil Mineral water	6 vegetable soup Chicken Salsify Potato Rapeseed oil Mineral water	Raw vegetables (carrots) Pork Fennel Wheat Olive oil Mineral water	Celery soup Cod Jerusalem artichoke Mashed potato Soybean oil Mineral water
3 O'CLOCK SNACK	Mandarin Crispbreads Growing-up milk	Apple Slices of buttered white bread Mineral water	Grapes Natural yoghurt Speculoos Mineral water	Pear Slices of brown bread with Liege's Sirup Mineral water	Orange Buttered brioche Mineral water
5 O'CLOCK SNACK	Grapes Mineral water	Raw vegetables (cucumber) Mineral water	Plum Mineral water	Pear Mineral water	Raw vegetables (tomato) Mineral water

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UNDER 12 MONTHS					
Week 3	MONDAY 13/01	TUESDAY 14/01	WEDNESDAY 15/01	THURSDAY 16/01	FRIDAY 17/01
LUNCH	Hake Parsnip Potato Corn oil Mineral water	Lamb Squash Potato/semolina Rapeseed oil Mineral water	Cod Leeks Potato Olive oil Mineral water	Eggs Mushrooms Potato/rice Sunflower oil Mineral water	Turkey Watercress Potato Rapeseed oil Mineral water
SNACK	Banana Grapes Mineral water	Banana Apple Mineral water	Banana Pear Mineral water	Banana Mandarin Mineral water	Banana Plum Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Pear Mineral water	Mandarin Mineral water	Mango Mineral water	Banana Mineral water	Pineapple Mineral water
	Tomato soup Hake Parsnip Potato Corn oil Mineral water	Celery soup Lamb Squash Semolina Rapeseed oil Mineral water	Raw vegetables (cucumber) Cod Leeks Potato Olive oil Mineral water	8 vegetable soup Eggs Mushrooms Rice Sunflower oil Mineral water	Raw vegetables (carrots) Turkey Watercress mash Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Grapes Buttered sandwich Mineral water	Apple Slices of bread with goat's cheese Mineral water	Pear Rice cracker Mineral water	Mandarin Slices of brown bread with honey Mineral water	Fruit salad Buttered crispbread Growing-up milk
5 O'CLOCK SNACK	Banana Mineral water	Orange Mineral water	Kiwi Mineral water	Raw vegetables (tomato) Mineral water	Grapes Mineral water

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UNDER 12 MONTHS					
Week 4	MONDAY 20/01	TUESDAY 21/01	WEDNESDAY 22/01	THURSDAY 23/01	FRIDAY 24/01
LUNCH	Pork Chicory Potato Corn oil Mineral water	Hake Parsnip Potato Rapeseed oil Mineral water	Eggs Carrots Potato Olive oil Mineral water	Veal Cauliflower Potato/rice Soybean oil Mineral water	Cod Leeks Potato Rapeseed oil Mineral water
SNACK	Banana Grapes Mineral water	Banana Apple Mineral water	Banana Mandarin Mineral water	Banana Plum Mineral water	Banana Apple Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Pear Mineral water	Dates Mineral water	Mango Mineral water	Banana Mineral water	Grape Mineral water
LUNCH: 11:30 am	Raw vegetables (tomatoes) Roast pork Chicory Quinoa Corn oil	7 vegetable soup Hake Parsnip Potato Rapeseed oil Mineral water	Red soup Eggs Carrots Potato Olive oil Mineral water	Raw vegetables (cucumber) Cauliflower Rice Soybean oil Mineral water	Squash soup Cod Leeks Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Grapes Slices of white bread with gouda Mineral water	Apple Buttered sandwich Mineral water	Mandarin Slices of brown bread with compote Mineral water	Pineapple Rice cracker Growing-up milk	Fruit salad Breadsticks Mineral water
5 O'CLOCK SNACK	Banana Mineral water	Raw vegetables (cucumber) Mineral water	Orange Mineral water	Banana Mineral water	Raw vegetables (carrots) Mineral water

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UNDER 12 MONTHS					
Week 5	MONDAY 27/01	TUESDAY 28/01	WEDNESDAY 29/01	THURSDAY 30/01	FRIDAY 31/01
LUNCH	Salmon Zucchini Potato Corn oil Mineral water	Eggs Carrots Potato Rapeseed oil Mineral water	Beef Broccoli Potato/semolina Olive oil Mineral water	Hake Spinach Rice Soybean oil Mineral water	Chicken Cauliflower Potato Rapeseed oil Mineral water
SNACK	Banana Orange Mineral water	Banana Apple Mineral water	Banana Pear Mineral water	Banana Mandarin Mineral water	Banana Grape Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Banana Mineral water	Pineapple Mineral water	Kiwi Mineral water	Banana Mineral water	Orange Mineral water
LUNCH: 11:30 am	Raw vegetables (tomatoes) Salmon Zucchini Potato Corn oil Mineral water	Broccoli soup Bolognese sauce with quorn Pasta Rapeseed oil Mineral water	7 vegetable soup Beef Red cabbage with apples Potato Olive oil Mineral water	Raw vegetables (carrots) Hake Spinach Rice Soybean oil Mineral water	Pumpkin soup Chicken Cauliflower gratin Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Orange Buttered sandwich Mineral water	Wheat semolina with red berries Mineral water	Pear Slices of grey bread with apple compote Mineral water	Mandarin natural yogurt Speculos Mineral water	Fruit salad Buttered rusk Mineral water
5 O'CLOCK SNACK	Apple Mineral water	Raw vegetables (cucumber) Mineral water	Grapefruit Mineral water	Grape Mineral water	Raw vegetables (tomatoes) Mineral water

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UNDER 12 MONTHS					
Week 6	MONDAY 03/02	TUESDAY 04/02	WEDNESDAY 05/02	THURSDAY 06/02	FRIDAY 07/02
LUNCH	Veal Celeriac Potato Rapeseed oil Mineral water	Cod Leeks Potato/rice Soybean oil Mineral water	Pork Brussels sprouts Potato Sunflower oil Mineral water	Eggs Green beans Potato/wheat Olive oil Mineral water	Tuna Vegetable ratatouille Potato Rapeseed oil Mineral water
SNACK	Banana Orange Mineral water	Banana Grapes Mineral water	Banana Apple Mineral water	Banana Pear Mineral water	Banana Mandarin Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Pineapple Mineral water	Banana Mineral water	Kiwi Mineral water	Mango Mineral water	Grape Mineral water
LUNCH: 11:30 am	Raw vegetables (tomatoes) Veal Celeriac Potato Rapeseed oil Mineral water	Watercress soup Cod Leeks Rice Soybean oil Mineral water	Raw vegetables (carrots) Pork Brussels sprouts Potato Sunflower oil Mineral water	Soup Eggs Green beans Wheat Olive oil Mineral water	Celery soup Tuna Vegetable ratatouille Mashed potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Orange Slices of buttered white bread with apricot compote Mineral water	Grapes Natural yogurt Buttered rusk Mineral water	Apple Petit Beurre biscuits Mineral water	Pear Buttered brioche Growing-up milk	Mandarin Slices of buttered brown bread Mineral water
5 O'CLOCK SNACK	Pear Mineral water	Raw vegetables (cucumber) Mineral water	Dates Mineral water	Orange Mineral water	Raw vegetables (fennel) Mineral water

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UNDER 12 MONTHS					
Week 7	MONDAY 10/02	TUESDAY 11/02	WEDNESDAY 12/02	THURSDAY 13/02	FRIDAY 14/02
LUNCH	Turkey Broccoli Potato Corn oil Mineral water	Lamb Pumkin Potato/semolina Rapeseed oil Mineral water	Salmon Parsnip Potato Olive oil Mineral water	Eggs Mushrooms Potato/rice Soybean oil Mineral water	Pork Watercress Potato Rapeseed oil Mineral water
SNACK	Banana Grapes Mineral water	Banana Apple Mineral water	Banana Pear Mineral water	Banana Mandarin Mineral water	Banana Plum Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Pear Mineral water	Mandarin Mineral water	Mango Mineral water	Banana Mineral water	Pineapple Mineral water
	Tomato soup Turkey Broccoli Potato Corn oil Mineral water	Celery soup Lamb Pumkin Semolina Rapeseed oil Mineral water	Raw vegetables (cucumber) Salmon Parsnip Potato Olive oil Mineral water	8 vegetable soup Eggs Mushrooms Rice Soybean oil Mineral water	Raw vegetables (carrots) Pork Watercress mash Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Grapes Slices of buttered white bread with apple compote Mineral water	Apple Goat's cheese sandwich Mineral water	Pear Rice cracker Mineral water	Mandarin Slices of brown bread with honey Growing-up milk	Fruit salad Buttered crispbread Mineral water
5 O'CLOCK SNACK	Banana Mineral water	Orange Mineral water	Kiwi Mineral water	Raw vegetables (tomatoes) Mineral water	Grapes Mineral water

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UNDER 12 MONTHS					
Week 8	MONDAY 17/02	TUESDAY 18/02	WEDNESDAY 19/02	THURSDAY 20/02	FRIDAY 21/02
LUNCH	Chicken Chicory Potato Corn oil Mineral water	Hake Tomato Potato Rapeseed oil Mineral water	Veal Carrots Potato/rice Olive oil Mineral water	Pork Cauliflower Potato Soybean oil Mineral water	Salmon Leeks Potato Rapeseed oil Mineral water
SNACK	Banana Grapes Mineral water	Banana Apple Mineral water	Banana Mandarin Mineral water	Banana Pineapple Mineral water	Banana Apple Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Pear Mineral water	Dates Mineral water	Mango Mineral water	Banana Mineral water	Grapes Mineral water
LUNCH: 11:30 am	Raw vegetables (tomatoes) Chicken Chicory Quinoa Corn oil Mineral water	7 vegetable soup Hake with tomato sauce Potato Rapeseed oil Mineral water	Spinach soup Mashed lentils with carrots Pasta Olive oil Mineral water	Raw vegetables (cucumber) Pork Cauliflower Potato Soybean oil Mineral water	Pumkin soup Salmon Leeks Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Grapes Buttered sandwich Mineral water	Apple Slices of buttered white bread with gouda Mineral water	Mandarin Crispbread with Liege's sirup Mineral water	Pineapple Rice cracker Growing-up milk	Fruit salad Breadsticks Mineral water
5 O'CLOCK SNACK	Banana Mineral water	Raw vegetables (cucumber) Mineral water	Orange Mineral water	Kiwi Mineral water	Raw vegetables (carrots) Mineral water

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UNDER 12 MONTHS					
Week 9	MONDAY 24/02	TUESDAY 25/02	WEDNESDAY 26/02	THURSDAY 27/02	FRIDAY 28/02
LUNCH	Pork Leeks Potato Corn oil Mineral water	Eggs wheat salad Potato Rapeseed oil Mineral water	Chicken Spinach Potato/rice Olive oil Mineral water	Hake Vegetable ratatouille Potato Soybean oil Mineral water	Beef Mushrooms Potato/rice Rapeseed oil Mineral water
SNACK	Banana Kiwi Mineral water	Banana Apple Mineral water	Banana Pear Mineral water	Banana Mandarin Mineral water	Banana Grape Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Grapefruit Mineral water	Pineapple Mineral water	Mango Mineral water	Apple Mineral water	Orange Mineral water
LUNCH: 11:30 am	Raw vegetables (cucumber) Pork Leeks Potato Corn oil Mineral water	Tomato soup Eggs Wheat salad Quinoa Rapeseed oil Mineral water	7 vegetable soup Chicken Spinach Potato Olive oil Mineral water	Raw vegetables (carrots) Hake Vegetable ratatouille Potato Soybean oil Mineral water	Celery soup Beef Mushrooms Rice Rapeseed oil Mineral water
3 O'CLOCK SNACK	Kiwi Slices of buttered white bread Mineral water	Apple Gingerbread Whole milk	Pear Slices of buttered white bread Mineral water	Mandarin Natural yogurt Rice cracker Growing-up milk	Fruit salad Buttered rusk Mineral water
5 O'CLOCK SNACK	Mandarin Mineral water	Raw vegetables (radish) Mineral water	Banana Mineral water	Grape Mineral water	Raw vegetables (tomatoes) Mineral water

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UNDER 12 MONTHS					
Week 10	MONDAY 02/03	TUESDAY 03/03	WEDNESDAY 04/03	THURSDAY 05/03	FRIDAY 06/03
LUNCH	Veal Turnips Potato Rapeseed oil Mineral water	Salmon Broccoli Potato/pasta Soybean oil Mineral water	Pork Cauliflower Potato Sunflower oil Mineral water	Eggs Green beans Wheat Olive oil Mineral water	Tuna Zucchini Potato Rapeseed oil Mineral water
SNACK	Banana Orange Mineral water	Banana Grapes Mineral water	Banana Apple Mineral water	Banana Pear Mineral water	Banana Mandarin Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Pineapple Mineral water	Pear Mineral water	Kiwi Mineral water	Mango Mineral water	Grapes Mineral water
LUNCH: 11:30 am	Raw vegetables (tomatoes) Veal Turnips Potato Rapeseed oil Mineral water	Leek soup Salmon Broccoli Pasta Soybean oil Mineral water	Raw vegetables (carrots) Pork Cauliflower Potato Sunflower oil Mineral water	Red soup Eggs Green beans Wheat Olive oil Mineral water	Celery soup Tuna Zucchini Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Orange Slices of buttered white bread with apricot compote Mineral water	Grapes Buttered rusk Growing-up milk	Apple Petit beurre biscuits Mineral water	Pear Rolled oats Whole milk	Mandarin Slices of buttered grey bread Mineral water
5 O'CLOCK SNACK	Pear Mineral water	Raw vegetables (cucumber) Mineral water	Dates Mineral water	Orange Mineral water	Raw vegetables (radish) Mineral water

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UNDER 12 MONTHS					
Week 11	MONDAY 09/03	TUESDAY 10/03	WEDNESDAY 11/03	THURSDAY 12/03	FRIDAY 13/03
LUNCH	Turkey Spinach Potato/rice Soybean oil Mineral water	Lamb Carrots Potato/semolina Olive oil Mineral water	Salmon Parsnip Potato Rapeseed oil Mineral water	Kidney beans Potato/rice Corn oil Mineral water	Pork Turnips Potato Rapeseed oil Mineral water
SNACK	Banana Grapes Mineral water	Banana Apple Mineral water	Banana Pear Mineral water	Banana Mandarin Mineral water	Banana Plum Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Pear Mineral water	Mandarin Mineral water	Mango Mineral water	Banana Mineral water	Pineapple Mineral water
	Tomato soup Turkey Spinach Rice Soybean oil Mineral water	Celery soup Lamb Carrots Semolina Rapeseed oil Mineral water	Raw vegetables (cucumber) Salmon Parsnip Potato Olive oil Mineral water	8 vegetable soup Kidney beans with tomato sauce Potato Corn oil Mineral water	Raw vegetables (tomatoes) Pork Wheat salad Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Grapes Slices of buttered white bread with apple compote Mineral water	Apple Goat's cheese sandwich Mineral water	Pear Rice cake Mineral water	Mandarin Slices of brown bread with honey Growing-up milk	Fruit salad Buttered crispbread Mineral water
5 O'CLOCK SNACK	Banana Mineral water	Orange Mineral water	Kiwi Mineral water	Raw vegetables (carrots) Mineral water	Grapes Mineral water

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UNDER 12 MONTHS					
Week 12	MONDAY 16/03	TUESDAY 17/03	WEDNESDAY 18/03	THURSDAY 19/03	FRIDAY 20/03
LUNCH	Chicken Chicory Potato Corn oil Mineral water	Hake Tomato Potato Soybean oil Mineral water	Lentils Carrots Potato/Pasta Olive oil Mineral water	Pork Cauliflower Potato/rice Soy oil Mineral water	Salmon Leeks Potato Rapeseed oil Mineral water
SNACK	Banana Grape Mineral water	Banana Apple Mineral water	Banana Mandarin Mineral water	Banana Pineapple Mineral water	Banana Apple Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Pear Mineral water	Dates Mineral water	Grapefruit Mineral water	Banana Mineral water	Grapes Mineral water
LUNCH: 11:30 am	Raw vegetables (tomatoes) Chicken Chicory Quinoa Corn oil Mineral water	7 vegetable soup Hake with tomato sauce Potato Soybean oil Mineral water	Zucchini soup Mashed lentils with carrots Pasta Olive oil Mineral water	Raw vegetables (cucumber) Pork Cauliflower Potato Soy oil Mineral water	Celery soup Salmon Leeks Smash potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Grape Buttered sandwich Mineral water	Apple Slices of white bread with cheese Mineral water	Pineapple Buttered rusk Mineral water	Pear Rice cracker Milk	Fruit salad Grissini Mineral water
5 O'CLOCK SNACK	Banana Mineral water	Raw vegetables (cucumber) Mineral water	Mandarin Mineral water	Kiwi Mineral water	Raw vegetables (carrots) Mineral water

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UNDER 12 MONTHS					
Week 13	MONDAY 23/03	TUESDAY 24/03	WEDNESDAY 25/03	THURSDAY 26/03	FRIDAY 27/03
LUNCH	Turkey Spinach Potato Rapeseed oil Mineral water	Lamb Carrots Potato/Semolina Soybean oil Mineral water	Salmon Parsnip Potato Sunflower oil Mineral water	Veal Pea Potato/Rice Olive oil Mineral water	Tillapia Leeks Potato Rapeseed oil Mineral water
SNACK	Banana Grape Mineral water	Banana Orange Mineral water	Banana Apple Mineral water	Banana Pear Mineral water	Banana Mandarin Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Dates Mineral water	Pear Mineral water	Mango Mineral water	Banana Mineral water	Pineapple Mineral water
LUNCH: 11:30 am	Tomato soup Turkey Spinach Potato Rapeseed oil Mineral water	Raw vegetables (radish) Lamb Carrots Potato Soybean oil Mineral water	Soup with chard Salmon Parsnip Potato Sunflower oil Mineral water	8 vegetable soup Veal Pea Rice Olive oil Mineral water	Raw vegetables (tomato) Tillapia Leeks Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Grape Slices of buttered white bread with apple compote	Kiwi Buttered sandwich with cheese Mineral water	Apple Rice cracker Mineral water	Pear Slices of buttered brown bread with honey Mineral water	Mandarin Buttered rusk Mineral water
5 O'CLOCK SNACK	Banana Mineral water	Orange Mineral water	Kiwi Mineral water	Raw vegetables (carrots) Mineral water	Grape Mineral water

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UNDER 12 MONTHS					
Week 14	MONDAY 30/03	TUESDAY 31/03	WEDNESDAY 01/04	THURSDAY 02/04	FRIDAY 03/04
LUNCH	Chicken Chicory Potato/quinoa Corn oil Mineral water	Cod Tomato Potato Rapeseed oil Mineral water	Pork Kohlrabi Potato Olive oil Mineral water	Beef Carrots Potato/pasta Soybean oil Mineral water	Tuna Spinach Potato Rapeseed oil Mineral water
SNACK	Banana Pineapple Mineral water	Banana Rhubarb Mineral water	Banana Pear Mineral water	Banana Apple Mineral water	Banana Grapes Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Pear Mineral water	Banana Mineral water	Kiwi Mineral water	Dates Mineral water	Grapes Mineral water
LUNCH: 11:30 am	Raw vegetables (tomatoes) Chicken Chicory Quinoa Corn oil	7 vegetable soup Cod with tomato sauce Potato Rapeseed oil Mineral water	Creamy courgette soup Pork Kohlrabi Potato Olive oil Mineral water	Raw vegetables (fennel) Pasta with bolognese sauce (Quorn) Soybean oil Mineral water	Celery soup Tuna Avocado Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Pineapple Buttered brioche Growing-up milk	Rhubarb compote Buttered crispbread Mineral water	Pear Slices of white bread with Sirop de Liège Mineral water	Apple Rolled oats Whole milk	Grapes Carrot cake Mineral water
5 O'CLOCK SNACK	Banana Mineral water	Mandarin Mineral water	Raw vegetables (cucumber) Mineral water	Grape Mineral water	Raw vegetables (carrots) Mineral water

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UNDER 12 MONTHS					
Week 15	MONDAY 06/04	TUESDAY 07/04	WEDNESDAY 08/04		
LUNCH	Veal Asparagus Potato Corn oil Mineral water	Salmon Spinach Potato/wheat Rapeseed oil Mineral water	Eggs Peas/carrots Potato Olive oil Mineral water		
SNACK	Banana Grapes Mineral water	Banana Apple Mineral water	Banana Grapes Mineral water		
9 O'CLOCK SNACK					
	Dates Mineral water	Pear Mineral water	Kiwi Mineral water		
LUNCH: 11:30 am	Fennel soup Veal Asparagus Potato Corn oil	Raw vegetables (tomatoes) Salmon Spinach Wheat Rapeseed oil Mineral water	Onion soup Eggs Peas/carrots Potato Olive oil Mineral water		
3 O'CLOCK SNACK	Grapes Slices of buttered brown bread with apricot compote Mineral water	Apple Buttered crispbread Growing-up milk	Grapes Rice cake Mineral water		
5 O'CLOCK SNACK	Banana Mineral water	Mandarin Mineral water	Raw vegetables (cucumber) Mineral water		

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UNDER 12 MONTHS					
Week 16		TUESDAY 14/04	WEDNESDAY 15/04	THURSDAY 16/04	FRIDAY 17/04
LUNCH		Cod Spinach Potato Rapeseed oil Mineral water	Lamb Carrots Potato/semolina Olive oil Mineral water	Tuna Asparagus Potato Soybean oil Mineral water	Eggs Mushrooms Potato/rice Rapeseed oil Mineral water
SNACK		Banana Mango Mineral water	Banana Apple Mineral water	Banana Rhubarb Mineral water	Banana Grapes Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK		Banana Mineral water	Pineapple Mineral water	Pear Mineral water	Passion fruit Mineral water
LUNCH: 11:30 am		Raw vegetables (tomatoes) Cod Spinach Potato Rapeseed oil Mineral water	Watercress soup Lamb Carrots Semolina Olive oil Mineral water	Raw vegetables (chicory) Tuna Asparagus Potato Soybean oil Mineral water	7 vegetable soup Eggs Mushrooms Rice Rapeseed oil Mineral water
3 O'CLOCK SNACK		Mango Rice cake Growing-up milk	Apple Slices of white bread with honey Mineral water	Rhubarb compote Natural yoghurt Crispbreads Mineral water	Grapes Slices of buttered brown bread Mineral water
5 O'CLOCK SNACK		Pear Mineral water	Raw vegetables (radish) Mineral water	Banana Mineral water	Raw vegetables (cucumber) Mineral water

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The fruits and vegetables are organic

Approved by Esedra sprl

UNDER 12 MONTHS					
Week 17	MONDAY 20/04	TUESDAY 21/04	WEDNESDAY 22/04	THURSDAY 23/04	FRIDAY 25/04
LUNCH	Pork Cauliflower Potato Rapeseed oil Mineral water	Tilapia fillet Leeks Potato/wheat Corn oil Mineral water	Chicken Beetroot Potato Sunflower oil Mineral water	Eggs Peas Potato/rice Olive oil Mineral water	Salmon Spinach Potato Rapeseed oil Mineral water
SNACK	Banana Apple Mineral water	Banana Mandarin Mineral water	Banana Grapes Mineral water	Banana Strawberries Mineral water	Banana Kiwi Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Grape Mineral water	Orange Mineral water	Mango Mineral water	Apple Mineral water	Passion fruit Mineral water
LUNCH: 11:30 am	Lentil soup Pork Cauliflower gratin Potato Rapeseed oil Mineral water	Raw vegetables (carrots) Tilapia fillet Leeks Wheat Corn oil	Asparagus soup Chicken Beetroot Potato Sunflower oil Mineral water	Raw vegetables (radish) Eggs Peas Rice Olive oil Mineral water	Celery soup Salmon Spinach Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Apple Buttered sandwich Mineral water	Plum Natural yoghurt Muesli Mineral water	Grapes Slices of white bread with apple compote Mineral water	Strawberries Gingerbread Growing-up milk	Fruit salad Buttered crispbread Mineral water
5 O'CLOCK SNACK	Raw vegetables (cucumber) Mineral water	Grapes Mineral water	Raw vegetables (celery) Mineral water	Apple Mineral water	Raw vegetables (carrots) Mineral water

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UNDER 12 MONTHS					
Week 18	MONDAY 27/04	TUESDAY 28/04	WEDNESDAY 29/04	THURSDAY 30/04	
LUNCH	Lamb Carrots Potato/semolina Rapeseed oil Mineral water	Tuna Eggplant Potato Soybean oil Mineral water	Beef Peppers Potato Olive oil Mineral water	Eggs Mushrooms Potato/Rice Rapeseed oil Mineral water	
SNACK	Banana Grapes Mineral water	Banana Apple Mineral water	Banana Mango Mineral water	Banana Grape Mineral water	
OVER 12 MONTHS					
9 O'CLOCK SNACK	Banana Mineral water	Kiwi Mineral water	Strawberry Mineral water	Passion fruit Mineral water	
LUNCH: 11:30 am	Creamy courgette soup Chickpeas with vegetables (carrots, green beans and tomato sauce) Semolina Rapeseed oil Mineral water	Raw vegetables (cherry tomatoes) Tuna Eggplant Potato Soybean oil Mineral water	7 vegetable soup Quinoa salad with red beans, tomatoes, peppers and coriander Olive oil Mineral water	Raw vegetables (carrots) Eggs Mushrooms Pasta Rapeseed oil Mineral water	
3 O'CLOCK SNACK	Grapes Petit Beurre biscuits Mineral water	Apple Slices of white bread with honey Growing-up milk	Mango Yogurt Speculoos Mineral water	Grape Slice of buttered brown bread Mineral water	
5 O'CLOCK SNACK	Raw vegetables (radish) Mineral water	Strawberry Mineral water	Raw vegetables (fennel) Mineral water	Raw vegetables (cucumber) Mineral water	

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UNDER 12 MONTHS					
Week 19	MONDAY 04/05	TUESDAY 05/05	WEDNESDAY 06/05	THURSDAY 07/05	FRIDAY 08/05
LUNCH	Eggs Lettuce Potato Corn oil Mineral water	Chicken Red cabbage Potato Rapeseed oil Mineral water	Tuna Tomatoes Potato/pasta Olive oil Mineral water	Veal Carrots Potato Soybean oil Mineral water	Cod Fennel Potato/rice Rapeseed oil Mineral water
SNACK	Banana Grapes Mineral water	Banana Strawberries Mineral water	Banana Apple Mineral water	Banana Pear Mineral water	Banana Cherries Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Kiwi Mineral water	Mango Mineral water	Passion fruit Mineral water	Banana Mineral water	Apple Mineral water
	Pea soup Watercress and bacon quiche Lettuce Corn oil Mineral water	Raw vegetables (fennel) Chicken Red cabbage with apples Mashed potato Rapeseed oil Mineral water	8 vegetable soup Pasta salad with tuna, tomatoes, cucumber, feta and olives Olive oil Mineral water	Raw vegetables (cherry tomatoes) Roast veal Carrots Potato Soybean oil Mineral water	Soup Cod Fennel Rice Rapeseed oil Mineral water
3 O'CLOCK SNACK	Grapes Slices of buttered white bread with apple compote Mineral water	Strawberry soup Full fat yoghurt Breadsticks Mineral water	Apple Rice cake Mineral water	Pear Slices of brown bread with Sirop de Liège Growing-up milk	Cherries Buttered brioche Mineral water
5 O'CLOCK SNACK	Raw vegetables (cucumber) Mineral water	Banana Mineral water	Raw vegetables (radish) Mineral water	Grapes Mineral water	Raw vegetables (cucumber) Mineral water

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UNDER 12 MONTHS					
Week 20	MONDAY 11/05	TUESDAY 12/05	WEDNESDAY 13/05	THURSDAY 14/05	FRIDAY 15/05
LUNCH	Tuna Beetroot Potato Corn oil Mineral water	Salmon Peas Potato Rapeseed oil Mineral water	Turkey Broccoli Potato Olive oil Mineral water	Beef Carrots Potato/pasta Soybean oil Mineral water	Hake Eggplant Potato Rapeseed oil Mineral water
SNACK	Banana Pear Mineral water	Banana Apple Mineral water	Banana Strawberries Mineral water	Banana Pear Mineral water	Banana Cherries Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Passion fruit Mineral water	Banana Mineral water	Kiwi Mineral water	Mango Mineral water	Strawberries Mineral water
LUNCH: 11:30 am	Raw vegetables (radish) Tuna Beetroot Potato Corn oil Mineral water	Raw vegetables (cherry tomatoes) Salmon Peas and carrots Potato Rapeseed oil Mineral water	Kohlrabi soup Turkey Broccoli and green beans Quinoa Olive oil Mineral water	Raw vegetables (Beetroot) Lasagne with Quorn bolognese Soybean oil Mineral water	Chard soup Hake Eggplant Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Pear Rice cracker Milk	Apple Slices of brown bread with white cheese, radish and chives Mineral water	Strawberry and banana smoothie Breadsticks Mineral water	Pear Slices of white bread with honey Growing-up milk	Cherries Buttered crispbread Mineral water
5 O'CLOCK SNACK	Banana Mineral water	Grapes Mineral water	Raw vegetables (cucumber) Mineral water	Banana Mineral water	Raw vegetables (carrots) Mineral water

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UNDER 12 MONTHS					
Week 21	MONDAY 18/05	TUESDAY 19/05	WEDNESDAY 20/05	THURSDAY 21/05	FRIDAY 22/05
LUNCH	Cod Celery Potato/semolina Soybean oil Mineral water	Chicken Cauliflower Potato Rapeseed oil Mineral water	Beef Peppers Potato Sunflower oil Mineral water	Tuna Beetroot Potato Rapeseed oil Mineral water	Veal Peas Potato/pasta Olive oil Mineral water
SNACK	Banana Cherries Mineral water	Banana Mango Mineral water	Banana Pear Mineral water	Banana Apple Mineral water	Banana Peach Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Banana Mineral water	Kiwi Mineral water	Strawberries Mineral water	Passion fruit Mineral water	Cherries Mineral water
LUNCH: 11:30 am	Raw vegetables (cucumber) Cod in tomato and vegetable sauce (turnips, celery and carrots) with semolina Soybean oil Mineral water	Onion soup Chicken Cauliflower Potato Rapeseed oil Mineral water	7 vegetable soup Quinoa salad with kidney beans, tomatoes, peppers and coriander Sunflower oil Mineral water	Raw vegetables (radish) Tuna Beetroot Potato Rapeseed oil Mineral water	Red soup Veal Peas Multicoloured pasta and grated cheese Olive oil Mineral water
3 O'CLOCK SNACK	Cherries Slices of white bread with goat's cheese Mineral water	Mango Buttered crispbread Mineral water	Pear Natural yoghurt Speculoos Mineral water	Apple Slices of buttered brown bread Mineral water	Fruit salad Rice cake Mineral water
5 O'CLOCK SNACK	Apple Mineral water	Raw vegetables (cucumber) Mineral water	Raw vegetables (fennel) Mineral water	Banana Mineral water	Raw vegetables (cherry tomatoes) Mineral water
UNDER 12 MONTHS					

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Week 22	MONDAY 25/05	TUESDAY 26/05	WEDNESDAY 27/05	THURSDAY 28/05	FRIDAY 29/05
LUNCH	Pork Zucchini Potato/rice Rapeseed oil Mineral water	Salmon Green beans Potato Soybean oil Mineral water	Eggs Broccoli Potato Corn oil Mineral water	Turkey Carrots Potato/wheat Olive oil Mineral water	Hake Chard Potato Rapeseed oil Mineral water
SNACK	Banana Melon Mineral water	Banana Raspberries Mineral water	Banana Apple Mineral water	Banana Peach Mineral water	Banana Cherries Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Banana Mineral water	Melon Mineral water	Cherries Mineral water	Kiwi Mineral water	Apple Mineral water
LUNCH: 11:30 am	Soup Pork Zucchini Rice Rapeseed oil Mineral water	Raw vegetables (radish) Salmon Green beans Potato Soybean oil Mineral water	8 vegetable soup Eggs Broccoli Potato Corn oil Mineral water	Raw vegetables (cherry tomatoes) Turkey Carrots Wheat Olive oil Mineral water	Soup Hake Chard Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Melon Slices of brown bread with Sirop de Liège Mineral water	Raspberries Rolled oats Whole milk	Apple Slices of white bread with Sirop de Liège Mineral water	Peach Petit Beurre biscuits Mineral water	Cherries Natural yoghurt Crispbreads Mineral water
5 O'CLOCK SNACK	Raw vegetables (peppers) Mineral water	Apple Mineral water	Raw vegetables (cucumber) Mineral water	Banana Mineral water	Raw vegetables (radish) Mineral water

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UNDER 12 MONTHS					
Week 23		TUESDAY 02/06	WEDNESDAY 03/06	THURSDAY 04/06	FRIDAY 05/06
LUNCH		Tuna Artichokes Potato/pasta Rapeseed oil Mineral water	Beef Carrots Potato Olive oil Mineral water	Cod Green cabbage Potato Soybean oil Mineral water	Chicken Tomatoes Potato/rice Rapeseed oil Mineral water
SNACK		Banana Apple Mineral water	Banana Rhubarb Mineral water	Banana Melon Mineral water	Banana Peach Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK		Banana Mineral water	Raspberries Mineral water	Kiwi Mineral water	Cherries Mineral water
		Pea soup Pasta salad with tuna, artichokes, apples and lemon juice Rapeseed oil Mineral water	Gazpacho Beef Carrots in mild curry sauce Potato Olive oil Mineral water	Raw vegetables (cucumber) Cod gratin with green cabbage Rice Soybean oil Mineral water	7 vegetable soup Chicken Lettuce and cherry tomatoes Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK		Apple Slices of white bread with honey Mineral water	Rhubarb compote Natural yoghurt Crispbreads Mineral water	Melon Slices of buttered brown bread Mineral water	Semolina pudding with peaches Mineral water
5 O'CLOCK SNACK		Raw vegetables (cherry tomatoes) Mineral water	Banana Mineral water	Apple Mineral water	Raw vegetables (peppers) Mineral water

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UNDER 12 MONTHS					
Week 24	MONDAY 08/06	TUESDAY 09/06	WEDNESDAY 10/06	THURSDAY 11/06	FRIDAY 12/06
LUNCH	Veal Peas Potato Corn oil Mineral water	Pork Carrots Potato/rice Olive oil Mineral water	Salmon Asparagus Potato Rapeseed oil Mineral water	Eggs Tomatoes Potato/pasta Soybean oil Mineral water	Hake Peppers Potato Rapeseed oil Mineral water
SNACK	Banana Strawberries Mineral water	Banana Mango Mineral water	Banana Peach Mineral water	Banana Raspberries Mineral water	Banana Melon Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Apple Mineral water	Nectarine Mineral water	Raspberries Mineral water	Watermelon Mineral water	Cherries Mineral water
LUNCH: 11:30 am	Creamy courgette soup Veal Peas Potato gratin Corn oil Mineral water	Raw vegetables (peppers) Mashed lentils with carrots Rice Olive oil Mineral water	8 vegetable soup Salmon Asparagus Rapeseed oil Mineral water	Raw vegetables (cherry tomatoes) Scrambled eggs Onions and parsley Pasta Soybean oil Mineral water	Creamy chard soup Hake Vegetable ratatouille Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Strawberries Slices of buttered white bread with apple compote Mineral water	Mango Buttered crispbread Growing-up milk	Peach Rice cake Mineral water	Raspberries Homemade rice pudding Mineral water	Fruit salad Buttered brioche Mineral water
5 O'CLOCK SNACK	Raw vegetables (radish) Mineral water	Banana Mineral water	Raw vegetables (cucumber) Mineral water	Apple Mineral water	Raw vegetables (carrots) Mineral water

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UNDER 12 MONTHS					
Week 25	MONDAY 15/06	TUESDAY 16/06	WEDNESDAY 17/06	THURSDAY 18/06	FRIDAY 19/06
LUNCH	Beef White cabbage Potato Corn oil Mineral water	Tuna Lettuce Potato/wheat Olive oil Mineral water	Turkey Broccoli Potato Rapeseed oil Mineral water	Cod Green beans Potato/pasta Soybean oil Mineral water	Eggs Beetroot Potato Rapeseed oil Mineral water
SNACK	Banana Peach Mineral water	Banana Melon Mineral water	Banana Strawberries Mineral water	Banana Apple Mineral water	Banana Cherries Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Raspberries Mineral water	Mango Mineral water	Cherries Mineral water	Nectarine Mineral water	Apple Mineral water
LUNCH: 11:30 am	Creamy red soup Beef White cabbage Potato Corn oil Mineral water	Raw vegetables (tomato) Tuna Lettuce Wheat Olive oil Mineral water	7 vegetable soup Turkey Broccoli Potato Rapeseed oil Mineral water	Raw vegetables (carrots) Cod with tomato sauce Green beans Pasta Soybean oil Mineral water	Creamy asparagus soup Eggs Beetroot Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Peach Slices of buttered white bread with rhubarb compote Mineral water	Melon Yogurt Rusk Mineral water	Strawberries Slices of buttered brown bread with honey Mineral water	Apple Buttered rusk Mineral water	Cherries Rice cracker Mineral water
5 O'CLOCK SNACK	Raw vegetables (cucumber) Mineral water	Apple Mineral water	Raw vegetables (radish) Mineral water	Banana Mineral water	Raw vegetables (peppers) Mineral water

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UNDER 12 MONTHS					
Week 26	MONDAY 22/06	TUESDAY 23/06	WEDNESDAY 24/06	THURSDAY 25/06	FRIDAY 26/06
LUNCH	Salmon Spinach Potato Rapeseed oil Mineral water	Veal Lettuce Potato Soybean oil Mineral water	Chicken Cress Potato Sunflower oil Mineral water	Tilapia fillet Zucchini Potato/Rice Olive oil Mineral water	Pork Kohlrabi Potato/pasta Rapeseed oil Mineral water
SNACK	Banana Mango Mineral water	Banana Apricot Mineral water	Banana Strawberries Mineral water	Banana Apple Mineral water	Banana Peach Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Banana Mineral water	Blueberries Mineral water	Passion fruit Mineral water	Lychees Mineral water	Watermelon Mineral water
LUNCH: 11:30 am	Raw vegetables (radish) Salmon Spinach Potato Rapeseed oil Mineral water	Pumkin soup Veal Lettuce/sweetcorn Quinoa Soybean oil Mineral water	Raw vegetables (peppers) Chicken Cress Sunflower oil Mineral water	Gazpacho Tilapia fillet Zucchini Rice Olive oil Mineral water	Raw vegetables (radish) Pork Kohlrabi Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Mango Buttered sandwich Mineral water	Apricot Slices of buttered brown bread with honey Mineral water	Smoothie wilk and strawberries Grissini Mineral water	Apple Slices of white bread with Liege sirup Mineral water	Peach Nic nac Milk
5 O'CLOCK SNACK	Apple Mineral water	Raw vegetables (tomato) Mineral water	Melon Mineral water	Raw vegetables (cucumber) Mineral water	Banana Mineral water

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UNDER 12 MONTHS					
Week 27	MONDAY 29/02	TUESDAY 30/02	WEDNESDAY 01/07	THURSDAY 02/07	FRIDAY 03/07
LUNCH	Turkey Peppers Potato/Semolina Corn oil Mineral water	Tuna Eggplant Potato/pasta Olive oil Mineral water	Beef Carrots Potato Rapeseed oil Mineral water	Cod Broccoli Potato/rice Soybean oil Mineral water	Eggs Green beans Potato Rapeseed oil Mineral water
SNACK	Banana Nectarine Mineral water	Banana Watermelon Mineral water	Banana Peach Mineral water	Banana Strawberries Mineral water	Banana Blackberries Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Raspberries Mineral water	Banana Mineral water	Cherries Mineral water	Blackberries Mineral water	Gooseberries Mineral water
	Soup with peas Semolina salad, turkey, pepper, cucumber, mango, shallot and coriander Corn oil Mineral water	Raw vegetables (fennel) Tuna Eggplant Potato Olive oil Mineral water	Red soup Beef Pasta with lentils, carrots and celery Rapeseed oil Mineral water	Raw vegetables (tomato) Cod Broccoli Potato Soybean oil Mineral water	Creamy fennel soup Eggs Green beans Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Nectarine Slices of buttered white bread Mineral water	Watermelon Buttered rusk Mineral water	Semolina with milk and peaches Mineral water	Strawberries Rusk Mineral water	Fruit salad Buttered brioche Milk
5 O'CLOCK SNACK	Raw vegetables (tomato) Mineral water	Apple Mineral water	Raw vegetables (cucumber) Mineral water	Banana Mineral water	Raw vegetables (peppers) Mineral water

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UNDER 12 MONTHS					
Week 28	MONDAY 06/07	TUESDAY 07/07	WEDNESDAY 08/07	THURSDAY 09/07	FRIDAY 10/07
LUNCH	Salmon Turnips Potato Corn oil Mineral water	Lamb Cauliflower Potato/Pasta Olive oil Mineral water	Hake Fennel Potato Rapeseed oil Mineral water	Beef Cress Potato/wheat Soybean oil Mineral water	Chicken Lettuce Potato Rapeseed oil Mineral water
SNACK	Banana Mango Mineral water	Banana Cherries Mineral water	Banana Strawberries Mineral water	Banana Melon Mineral water	Banana Blackberries Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Banana Mineral water	Passion fruit Mineral water	Nectarine Mineral water	Blueberries Mineral water	Apricot Mineral water
LUNCH: 11:30 am	Raw vegetables (cucumber) Salmon Turnips Potato Corn oil Mineral water	Squash soup Lamb Cauliflower gratin Pasta Olive oil Mineral water	Raw vegetables (tomatoes) Hake Fennel Potato Rapeseed oil Mineral water	7 vegetables soup Beef Cress Wheat Soybean oil Mineral water	Raw vegetables (carrots) Tilapia fillet Green beans Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Mango smoothie Rusk Mineral water	Cherries Slices of white bread with honey Mineral water	Strawberries Rolled oats Yogurt Mineral water	Melon Slices of brown bread with apple compote Mineral water	Blueberries Buttered rusk Whole milk
5 O'CLOCK SNACK	Watermelon Mineral water	Raw vegetables (carrots) Mineral water	Banana Mineral water	Raw vegetables (peppers) Mineral water	Raw vegetables (fennel) Mineral water

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UNDER 12 MONTHS					
Week 29	MONDAY 13/07	TUESDAY 14/07	WEDNESDAY 15/07	THURSDAY 16/07	FRIDAY 17/07
LUNCH	Eggs Peas Potato/Pasta Rapeseed oil Mineral water	Tuna Zucchini Potato Olive oil Mineral water	Veal Pumkin Potato/Rice Soybean oil Mineral water	Cod Spinach Potato Rapeseed oil Mineral water	Pork Red cabbage Potato Olive oil Mineral water
SNACK	Banana Strawberries Mineral water	Banana Watermelon Mineral water	Banana Apricots Mineral water	Banana Apple/Cassis Mineral water	Banana Peach Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Lychees Mineral water	Blueberries Mineral water	Raspberries Mineral water	Passion fruit Mineral water	Cherries Mineral water
LUNCH: 11:30 am	Red soup Eggs Peas Pasta with cheese Rapeseed oil Mineral water	Raw vegetables (radish) Tuna Zucchini Potato Olive oil Mineral water	7 vegetables soup Veal Pumkin Rice Soybean oil Mineral water	Raw vegetables (peppers) Hake Spinach Potato Rapeseed oil Mineral water	Chard soup Pork Red cabbage with apple Olive oil Mineral water
3 O'CLOCK SNACK	Strawberries soup Yogurt Grissini Mineral water	Watermelon Slices of buttered with bread with liege sirup Mineral water	Apricots Buttered sandwich Mineral water	Cassis Buttered rusk Mineral water	Peach Petit beurre Mineral water
5 O'CLOCK SNACK	Raw vegetables (cucumber) Mineral water	Banana Mineral water	Raw vegetables (tomato) Mineral water	Apple Mineral water	Raw vegetables (cucumber) Mineral water

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UNDER 12 MONTHS					
Week 30	MONDAY 20/07		WEDNESDAY 22/07	THURSDAY 23/07	FRIDAY 24/07
LUNCH	Turkey White cabbage Potato Olive oil Mineral water		Salmon Broccoli Potato Corn oil Mineral water	Eggs Beetroot Potato Rapeseed oil Mineral water	Hake Peppers Potato/semolina Olive oil Mineral water
SNACK	Banana Apricots Mineral water		Banana Strawberries Mineral water	Banana Apple Mineral water	Banana Peach Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Banana Mineral water		Mango Mineral water	Cherries Mineral water	Blueberries Mineral water
LUNCH: 11:30 am	Tomato soup Turkey White cabbage Potato Olive oil Mineral water		8 vegetables soup Salmon Broccoli Potato Corn oil Mineral water	Raw vegetables (tomato) Eggs Beetroot Potato with parsley Rapeseed oil Mineral water	Watercress soup Hake Pepper, zucchini and eggplant ratatouille Semolina Olive oil Mineral water
3 O'CLOCK SNACK	Apricots Rolled oats Whole milk		Strawberries smoothie Rusk Mineral water	Apple Slices of buttered brown bread Milk	Peach compote Grissini Mineral water
5 O'CLOCK SNACK	Raw vegetables (cucumber) Mineral water		Raw vegetables (radish) Mineral water	Banana Mineral water	Raw vegetables (cucumber) Mineral water

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UNDER 12 MONTHS					
Week 31	MONDAY 27/07	TUESDAY 28/07	WEDNESDAY 29/07	THURSDAY 30/07	FRIDAY 31/07
LUNCH	Lamb Turnips Potato Sunflower oil Mineral water	Tuna Artichoke Potato/wheat Corn oil Mineral water	Eggs Carrots Potato Rapeseed oil Mineral water	Cod Zucchini Potato/Rice Olive oil Mineral water	Veal Green beans Potato Soybean oil Mineral water
SNACK	Banana Strawberries Mineral water	Banana Apple Mineral water	Banana Mango Mineral water	Banana Peach Mineral water	Banana Apple Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Banana Mineral water	Banana Mineral water	Cherries Mineral water	Dates Mineral water	Melon Mineral water
LUNCH: 11:30 am	Raw vegetables (cherry tomatoes) Lamb Turnips Potato Sunflower oil Mineral water	Chard soup Wheat salad, tuna, artichokes and lemon juice Corn oil Mineral water	Raw vegetables (fennel) Eggs Carrots Potato Rapeseed oil Mineral water	Pumkin soup Cod Zucchini Rice Olive oil Mineral water	Raw vegetables (cucumber) Veal Green beans Potato Soybean oil Mineral water
3 O'CLOCK SNACK	Strawberries Slices of buttered white bread Milk	Cassis Buttered sandwich with honey Mineral water	Smoothie banana mango Rice cracker Mineral water	Peach Yogurt and rusk Mineral water	Fruit salad Semolina Mineral water
5 O'CLOCK SNACK	Almond Mineral water	Raw vegetables (cucumber) Mineral water	Banana Mineral water	Raw vegetables (tomato) Mineral water	Apple Mineral water

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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

Approved by Esedra sprl

UNDER 12 MONTHS					
Week 32	MONDAY 03/08	TUESDAY 04/08	WEDNESDAY 05/08	THURSDAY 06/08	FRIDAY 07/08
LUNCH	Salmon Spinach Potato Corn oil Mineral water	Chicken Lettuce Potato Rapeseed oil Mineral water	Beef Carrots Potato Olive oil Mineral water	Tilapia fillet Eggplant Potato Sunflower oil Mineral water	Pork Peas Potato/Pasta Rapeseed oil Mineral water
SNACK	Banana Watermelon Mineral water	Banana Mango Mineral water	Banana Melon Mineral water	Banana Pear Mineral water	Banana Peach Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Raspberries Mineral water	Plums Mineral water	Dates Mineral water	Blackberries Mineral water	Gooseberries Mineral water
LUNCH: 11:30 am	Red soup Salmon Spinach Potato Corn oil Mineral water	Raw vegetables (cucumber) Chicken Lettuce/Corn Potato Rapeseed oil Mineral water	Zucchini soup Lentil, carrot and bulgur salad Olive oil Mineral water	Raw vegetables Tilapia fillet Eggplant Potato Sunflower oil Mineral water	Soup Pork Pasta with cheese and peas Rapeseed oil Mineral water
3 O'CLOCK SNACK	Watermelon Rusk Mineral water	Mango Slices of buttered white bread Mineral water	Melon Yogurt Speculoos Growing-up milk	Pear Slices of buttered brown bread with strawberries compote Mineral water	Semolina with milk and peaches
5 O'CLOCK SNACK	Banana Mineral water	Almond Mineral water	Raw vegetables (pepper) Mineral water	Banana Mineral water	Raw vegetables (cucumber) Mineral water

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UNDER 12 MONTHS					
Week 33	MONDAY 10/08	TUESDAY 11/08	WEDNESDAY 12/08	THURSDAY 13/08	FRIDAY 14/08
LUNCH	Turkey Cress Potato Rapeseed oil Mineral water	Tuna Tomato Potato/Pasta Olive oil Mineral water	Eggs Beetroot Potato Sunflower oil Mineral water	Cod Broccoli Potato/Rice Corn oil Mineral water	Veal Lettuce Potato Rapeseed oil Mineral water
SNACK	Banana Blueberries Mineral water	Banana Watermelon Mineral water	Banana Melon Mineral water	Banana Apricots Mineral water	Banana Plum Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Kiwi Mineral water	Banana Mineral water	Blueberries Mineral water	Blackberries Mineral water	Fig Mineral water
LUNCH: 11:30 am	Raw vegetables (cucumber) Turkey Cress Potato Rapeseed oil Mineral water	Gazpacho Pasta salad with tuna, corn, tomatoes, cucumber Olive oil Mineral water	Raw vegetables (tomato) Eggs Beetroot Potato Sunflower oil Mineral water	Soup Cod Broccoli Rice Corn oil Mineral water	Zucchini soup Veal Lettuce and tomato Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Melon Yogurt and rusk Mineral water	Watermelon Biscuits Mineral water	Strawberries Slices of buttered white bread Growing-up milk	Apricots Rice cracker Mineral water	Plum Slices of buttered brown bread Mineral water
5 O'CLOCK SNACK	Dates Mineral water	Raw vegetables (peppers) Mineral water	Banana Mineral water	Raw vegetables (carrots) Mineral water	Raw vegetables (cucumber) Mineral water

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The fruits and vegetables are organic

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UNDER 12 MONTHS					
Week 34	MONDAY 17/08	TUESDAY 18/08	WEDNESDAY 19/08	THURSDAY 20/08	FRIDAY 21/08
LUNCH	Lamb Carrots Potato/semolina Olive oil Mineral water	Beef Kohlrabi Potato Sunflower oil Mineral water	Salmon Zucchini Potato/wheat Soybean oil Mineral water	Pork Turnips Potato Rapeseed oil Mineral water	Tilapia fillet Green beans Potato Olive oil Mineral water
SNACK	Banana Strawberries Mineral water	Banana Watermelon Mineral water	Banana Blueberries Mineral water	Banana Apple/Cassis Mineral water	Banana Peach Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Banana Mineral water	Melon Mineral water	Apricot Mineral water	Banana Mineral water	Blackberries Mineral water
LUNCH: 11:30 am	Raw vegetables (cucumber) Lamb Carrots Semolina Olive oil Mineral water	Pumkin soup Beef Kohlrabi Potato Sunflower oil Mineral water	Raw vegetables (tomato) Salmon Zucchini Wheat Soybean oil Mineral water	Gazpacho Pork Turnips Potato Rapeseed oil Mineral water	Raw vegetables (carrots) Tilapia fillet Green beans Potato Olive oil Mineral water
3 O'CLOCK SNACK	Pear Slices of buttered white bread with Liege's sirup Growing-up milk	Watermelon Rusk with cheese Mineral water	Blueberries Slices of buttered white bread with apple compote Mineral water	Fruit salad Semolina Mineral water	Melon Rolled oats Milk
5 O'CLOCK SNACK	Strawberries Mineral water	Banana Mineral water	Raw vegetables (tomato) Mineral water	Apple Mineral water	Raw vegetables (cucumber) Mineral water

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UNDER 12 MONTHS					
Week 35	MONDAY 24/08	TUESDAY 25/08	WEDNESDAY 26/08	THURSDAY 27/08	FRIDAY 28/08
LUNCH	Eggs Broccoli Potato Olive oil Mineral water	Tuna Artichoke Potato/Pasta Soybean oil Mineral water	Veal Green beans Potato Corn oil Mineral water	Hake Eggplant Potato Rapeseed oil Mineral water	Chicken Peppers Potato/Semolina Olive oil Mineral water
SNACK	Banana Melon Mineral water	Banana Watermelon Mineral water	Banana Apricot Mineral water	Banana Cherries Mineral water	Banana Plum Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Banana Mineral water	Strawberries Mineral water	Pear Mineral water	Apple Mineral water	Blueberries Mineral water
LUNCH: 11:30 am	Asparagus soup Eggs Broccoli Potato Olive oil Mineral water	Raw vegetables (tomato) Pasta salad with tuna, artichokes, lettuce, apples and lemon juice Soybean oil Mineral water	Celery soup Veal Green beans Potato Corn oil Mineral water	Raw vegetables (cucumber) Hake Eggplant Potato Rapeseed oil Mineral water	Zucchini soup Semolina salad, chicken, mango, cucumber, pepper, coriander Olive oil Mineral water
3 O'CLOCK SNACK	Melon Slices of buttered white bread with Liege's sirup Whole milk	Smoothie watermelon, cucumber, lime and mint Grissini Mineral water	Yogurt with apricot compote and rusk Mineral water	Cherries Buttered brioche Mineral water	Plum Slice of buttered brown bread Mineral water
5 O'CLOCK SNACK	Raw vegetables (cucumber) Mineral water	Blueberries Mineral water	Raw vegetables (fennel) Mineral water	Banana Mineral water	Raw vegetables (tomato) Mineral water

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UNDER 12 MONTHS					
Week 36	MONDAY 31/08	TUESDAY 01/09	WEDNESDAY 02/09	THURSDAY 03/09	FRIDAY 04/09
LUNCH	Lamb Carrots Potato Corn oil Mineral water	Beef Kohlrabi Potato Rapeseed oil Mineral water	Salmon Parsnip Potato Olive oil Mineral water	Egg Broccoli Potato Sunflower oil Mineral water	Cod Zucchini Potato/Rice Rapeseed oil Mineral water
SNACK	Banana Pear Mineral water	Banana Plum Mineral water	Banana Kiwi Mineral water	Banana Peach Mineral water	Banana Apple Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Banana Mineral water	Melon Mineral water	Mirabelle plum Mineral water	Blackberries Mineral water	Raspberries Mineral water
LUNCH: 11:30 am	Raw vegetables (radish) Lamb Carrots with prunes Potato Corn oil Mineral water	Tomato soup Beef Kohlrabi Quinoa Rapeseed oil Mineral water	Raw vegetables (Beetroot) Salmon Parsnip Potato Olive oil Mineral water	Carrot soup Egg Broccoli Potato Sunflower oil Mineral water	Raw vegetables (cauliflower) Cod Zucchini Rice Rapeseed oil Mineral water
3 O'CLOCK SNACK	Pear Rolled oats Whole milk	Plum Rice cracker Mineral water	Kiwi Slice of buttered white bread Milk	Peach Natural yoghurt Speculoos Mineral water	Apple Slice of buttered brown bread with honey Mineral water
5 O'CLOCK SNACK	Blueberries Mineral water	Raw vegetables (peppers) Mineral water	Grapes Mineral water	Raw vegetables (cucumber) Mineral water	Banana Mineral water

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UNDER 12 MONTHS					
Week 37	MONDAY 07/09	TUESDAY 08/09	WEDNESDAY 09/09	THURSDAY 10/09	FRIDAY 11/09
LUNCH	Turkey Leeks Potato Sunflower oil Mineral water	Tuna Green beans Potato/wheat Corn oil Mineral water	Veal Red cabbage Potato Rapeseed oil Mineral water	Tilapia fillet Fennel Potato Olive oil Mineral water	Beef Tomatoes Potato/pasta Soybean oil Mineral water
SNACK	Banana Kiwi Mineral water	Banana Apple Mineral water	Banana Grapes Mineral water	Banana Melon Mineral water	Banana Peach Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Grapes Mineral water	Banana Mineral water	Plum Mineral water	Pear Mineral water	Figs Mineral water
LUNCH: 11:30 am	Raw vegetables (tomatoes) Turkey Leeks Potato Sunflower oil Mineral water	Chard soup Tuna Green beans Wheat Corn oil Mineral water	Raw vegetables (radish) Veal Red cabbage Potato Rapeseed oil Mineral water	Kohlrabi soup Tilapia fillet Fennel Potato Olive oil Mineral water	Raw vegetables (beetroot) Pasta with bolognese sauce (Quorn) Soybean oil Mineral water
3 O'CLOCK SNACK	Kiwi Gingerbread Mineral water	Apple Buttered sandwich Mineral water	Grapes Rolled oats Whole milk	Melon Slices of buttered brown bread with strawberry compote Mineral water	Peach Rice cake Growing-up milk
5 O'CLOCK SNACK	Melon Mineral water	Raw vegetables (carrots) Mineral water	Banana Mineral water	Raw vegetables (peppers) Mineral water	Grapes Mineral water

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UNDER 12 MONTHS					
Week 38	MONDAY 14/09	TUESDAY 15/09	WEDNESDAY 16/09	THURSDAY 17/09	FRIDAY 18/09
LUNCH	Salmon Broccoli Potato/rice Corn oil Mineral water	Chicken Green cabbage Potato Rapeseed oil Mineral water	Pork Zucchini Potato/pasta Olive oil Mineral water	Eggs Cauliflower Potato Sunflower oil Mineral water	Hake Spinach Potato Rapeseed oil Mineral water
SNACK	Banana Melon Mineral water	Banana Figs Mineral water	Banana Plum Mineral water	Banana Apple Mineral water	Banana Pear Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Banana Mineral water	Mirabelle plums Mineral water	Peach Mineral water	Grapes Mineral water	Apple Mineral water
LUNCH: 11:30 am	Raw vegetables (carrots) Salmon Broccoli Rice Corn oil Mineral water	Leek soup Chicken Green cabbage Potato Rapeseed oil Mineral water	Raw vegetables (peppers) Pork Zucchini Pasta with cheese Olive oil Mineral water	Celery soup Eggs Cauliflower Potato Sunflower oil Mineral water	Raw vegetables (tomatoes) Hake Spinach Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Melon Crispbreads with honey Mineral water	Figs Slices of bread with goat's cheese Mineral water	Plum Rice cake Growing-up milk	Apple Natural yoghurt Sponge finger biscuits Mineral water	Pear Slices of buttered white bread Growing-up milk
5 O'CLOCK SNACK	Apple Mineral water	Raw vegetables (tomatoes) Mineral water	Blueberries Mineral water	Raw vegetables (cucumber) Mineral water	Banana Mineral water

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UNDER 12 MONTHS					
Week 39	MONDAY 21/09	TUESDAY 22/09	WEDNESDAY 23/09	THURSDAY 24/09	FRIDAY 25/09
LUNCH	Beef Asparagus Potato Rapeseed oil Mineral water	Tuna Eggplant Potato Olive oil Mineral water	Turkey Leeks Potato Sunflower oil Mineral water	Cod Peppers Potato Corn oil Mineral water	Lamb Carrots Potato/semolina Rapeseed oil Mineral water
SNACK	Banana Blueberries Mineral water	Banana Pear Mineral water	Banana Melon Mineral water	Banana Apple Mineral water	Banana Peach Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Kiwi Mineral water	Grapes Mineral water	Blackberries Mineral water	Raspberries Mineral water	Banana Mineral water
LUNCH: 11:30 am	Broccoli soup Beef Asparagus Potato Rapeseed oil Mineral water	Raw vegetables (fennel) Tuna Eggplant Potato Olive oil Mineral water	Beetroot soup Turkey Leeks Potato Sunflower oil Mineral water	Raw vegetables (cucumber) Cod Peppers Potato Corn oil Mineral water	Tomato soup Lamb Carrots and prunes Semolina Rapeseed oil Mineral water
3 O'CLOCK SNACK	Banana and blueberry smoothie Breadsticks Mineral water	Pear Zwieback with gouda Mineral water	Melon Slices of buttered white bread Growing-up milk	Apple Natural yoghurt Corn Flakes Mineral water	Peach Slices of buttered brown bread Mineral water
5 O'CLOCK SNACK	Raw vegetables (tomatoes) Mineral water	Apple Mineral water	Raw vegetables (carrots) Mineral water	Banana Mineral water	Raw vegetables (radish) Mineral water

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UNDER 12 MONTHS					
Week 40	MONDAY 28/09	TUESDAY 29/09	WEDNESDAY 30/09	THURSDAY 01/10	FRIDAY 02/10
LUNCH	Veal Green beans Potato/wheat Olive oil Mineral water	Salmon Celeriac Potato Sunflower oil Mineral water	Egg Spinach Potato Soybean oil Mineral water	Tilapia fillet Zucchini Potato/rice Rapeseed oil Mineral water	Pork Squash Potato Olive oil Mineral water
SNACK	Banana Pear Mineral water	Banana Apple Mineral water	Banana Grapes Mineral water	Banana Melon Mineral water	Banana Apple Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Blueberries Mineral water	Banana Mineral water	Pear Mineral water	Apple Mineral water	Raspberries Mineral water
LUNCH: 11:30 am	Raw vegetables (cucumber) Veal Green beans Wheat Olive oil Mineral water	Tomato soup Salmon Celeriac stoemp Sunflower oil Mineral water	Raw vegetables (fennel) Egg Spinach Potato Soybean oil Mineral water	Chard soup Tilapia fillet Zucchini Rice Rapeseed oil Mineral water	Raw vegetables (celery) Pork Squash Potato Olive oil Mineral water
3 O'CLOCK SNACK	Pear Slices of buttered white bread Growing-up milk	Apple Petit Beurre biscuits Mineral water	Grapes Rolled oats Whole milk	Figs Slices of brown bread with Liège's sirup	Banana and blueberry smoothie Breadsticks Mineral water
5 O'CLOCK SNACK	Grapes Mineral water	Raw vegetables (carrots) Mineral water	Banana Mineral water	Raw vegetables (radish) Mineral water	Blackberries Mineral water

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UNDER 12 MONTHS					
Week 41	MONDAY 05/10	TUESDAY 06/10	WEDNESDAY 07/10	THURSDAY 08/10	FRIDAY 09/10
LUNCH	Chicken Carrots Potato Olive oil Mineral water	Beef Zucchini Potato Soybean oil Mineral water	Tuna Green beans Potato Corn oil Mineral water	Egg Spinach Potato/wheat Rapeseed oil Mineral water	Hake Broccoli Potato Olive oil Mineral water
SNACK	Banana Melon Mineral water	Banana Apple Mineral water	Banana Grapes Mineral water	Banana Plum Mineral water	Banana Mandarin Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Banana Mineral water	Pear Mineral water	Figs Mineral water	Mango Mineral water	Apple Mineral water
LUNCH: 11:30 am	Raw vegetables (carrots) Chicken Homemade compote Potato Olive oil Mineral water	Watercress soup Beef Ratatouille Pasta Soybean oil Mineral water	Raw vegetables (beetroot) Tuna Green beans Potato Corn oil Mineral water	Squash soup Egg Spinach Wheat Rapeseed oil Mineral water	Raw vegetables (white cabbage) Hake Broccoli Potato Olive oil Mineral water
3 O'CLOCK SNACK	Melon Rolled oats Whole milk	Apple Speculoos Mineral water	Grapes Slices of brown bread with honey Mineral water	Plum Rice cake + Gouda Mineral water	Smoothie: Banana and whole milk Breadsticks Mineral water
5 O'CLOCK SNACK	Dates Mineral water	Raw vegetables (celery) Mineral water	Banana Mineral water	Raw vegetables (fennel) Mineral water	Grapes Mineral water

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UNDER 12 MONTHS					
Week 42	MONDAY 12/10	TUESDAY 13/10	WEDNESDAY 14/10	THURSDAY 15/10	FRIDAY 16/10
LUNCH	Turkey Celeriac Potato Rapeseed oil Mineral water	Cod Tomato Potato/rice Corn oil Mineral water	Pork Green beans Potato Rapeseed oil Mineral water	Veal Chicory Potato Olive oil Mineral water	Salmon Leeks Potato Sunflower oil Mineral water
SNACK	Banana Mandarin Mineral water	Banana Apple Mineral water	Banana Grapes Mineral water	Banana Pear Mineral water	Banana Nectarine Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Grapes Mineral water	Banana Mineral water	Dates Mineral water	Mango Mineral water	Banana Mineral water
LUNCH: 11:30 am	Watercress soup Turkey Celeriac Mashed potato Rapeseed oil Mineral water	Raw vegetables (carrots) Cod Tomato Rice Corn oil Mineral water	Celery soup Pork Parsnip Potato Rapeseed oil Mineral water	Raw vegetables (tomatoes) Veal Chicory Quinoa Olive oil Mineral water	Pepper soup Salmon Leeks Potato Sunflower oil Mineral water
3 O'CLOCK SNACK	Mandarin Gingerbread Mineral water	Apple Slices of bread with goat's cheese Mineral water	Grapes Natural yoghurt Zwieback Mineral water	Pear Slices of buttered brown bread Mineral water	Nectarine Crispbreads Growing-up milk
5 O'CLOCK SNACK	Raw vegetables (tomatoes) Mineral water	Grapes Mineral water	Raw vegetables (fennel) Mineral water	Banana Mineral water	Raw vegetables (carrots) Mineral water

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UNDER 12 MONTHS					
Week 43	MONDAY 19/10	TUESDAY 20/10	WEDNESDAY 21/10	THURSDAY 22/10	FRIDAY 23/10
LUNCH	Tuna Salsify Potato Corn oil Mineral water	Chicken Mushrooms Potato/rice Rapeseed oil Mineral water	Eggs Carrots Potato Olive oil Mineral water	Cod Spinach Potato Sunflower oil Mineral water	Chicken Red cabbage Potato Rapeseed oil Mineral water
SNACK	Banana Pear Mineral water	Banana Apple Mineral water	Banana Grapes Mineral water	Banana Melon Mineral water	Banana Apple Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Grapes Mineral water	Mandarin Mineral water	Mango Mineral water	Banana Mineral water	Blackberries Mineral water
LUNCH: 11:30 am	Raw vegetables (carrots) Tuna Salsify Potato Corn oil Mineral water	Squash soup Chicken Mushrooms Rice Rapeseed oil Mineral water	Raw vegetables (tomatoes) Eggs Carrots Potato Olive oil Mineral water	Turnip soup Cod Pasta with vegetables Sunflower oil Mineral water	Raw vegetables (celery) Chicken Red cabbage Mashed potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Pear Rolled oats Whole milk	Apple Slices of buttered white bread Mineral water	Grapes Rice cake Mineral water	Melon Natural yoghurt Sponge finger biscuits Mineral water	Fruit salad Crispbreads Mineral water
5 O'CLOCK SNACK	Banana Mineral water	Raw vegetables (fennel) Mineral water	Plum Mineral water	Raw vegetables (carrots) Mineral water	Banana Mineral water

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UNDER 12 MONTHS					
Week 44	MONDAY 26/10	TUESDAY 27/10	WEDNESDAY 28/10	THURSDAY 29/10	FRIDAY 30/10
LUNCH	Pork Carrots Potato Rapeseed oil Mineral water	Lamb Salsify Potato/semolina Olive oil Mineral water	Chicken Fennel Potato Olive oil Mineral water	Tilapia fillet Artichoke Potato Rapeseed oil Mineral water	Cod Cauliflower Potato Rapeseed oil Mineral water
SNACK	Banana Apple Mineral water	Banana Pear Mineral water	Banana Grapes Mineral water	Banana Melon Mineral water	Banana Grapes Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Figs Mineral water	Grapes Mineral water	Pineapple Mineral water	Dates Mineral water	Banana Mineral water
LUNCH: 11:30 am	Broccoli soup Lentil parmentier Rapeseed oil Mineral water	Raw vegetables (cauliflower) Lamb Salsify Semolina Olive oil Mineral water	Peppers soup Chicken Fennel Potato Olive oil Mineral water	Celery soup Tilapia fillet Artichoke Potato Rapeseed oil Mineral water	Leek soup Cod Cauliflower gratin Potato Corn oil Mineral water
3 O'CLOCK SNACK	Apple Slices of bread with goat's cheese Mineral water	Pear Buttered rusk Mineral water	Grape Yoghurt Mineral water	Melon Rice cracker Mineral water	Grapes Bread French toast Growing-up milk
5 O'CLOCK SNACK	Raw vegetables (cherry tomatoes) Mineral water	Mandarin Mineral water	Plum Mineral water	Raw vegetables (cherry tomatoes) Mineral water	Raw vegetables (celery) Mineral water

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UNDER 12 MONTHS					
Week 45		TUESDAY 03/11	WEDNESDAY 04/11	THURSDAY 05/11	FRIDAY 06/11
LUNCH		Hake Celery Potato/rice Rapeseed oil Mineral water	Pork Salsify Potato Corn oil Mineral water	Salmon Broccoli Potato/pasta Rapeseed oil Mineral water	Turkey Chicory Potato Olive oil Mineral water
SNACK		Banana Apple Mineral water	Banana Grapes Mineral water	Banana Melon Mineral water	Banana Plum Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK		Orange Mineral water	Mango Mineral water	Kiwi Mineral water	Clementines Mineral water
LUNCH: 11:30 am		Squash soup Hake Celery Rice Rapeseed oil Mineral water	Raw vegetables (tomatoes) Pork Salsify Potato Corn oil Mineral water	Mushroom soup Salmon Broccoli Pasta (elbow macaroni) Rapeseed oil Mineral water	Raw vegetables (carrots) Roast turkey Chicory gratin Potatoes with parsley Olive oil Mineral water
3 O'CLOCK SNACK		Apple Buttered rusk Growing-up milk	Grapes Slices of brown bread with honey Mineral water	Red berries Natural yoghurt Breadsticks Mineral water	Fruit salad Buttered sandwich Mineral water
5 O'CLOCK SNACK		Dates Mineral water	Raw vegetables (peppers) Mineral water	Banana Mineral water	Banana Mineral water

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UNDER 12 MONTHS					
Week 46	MONDAY 09/11	TUESDAY 10/11	WEDNESDAY 11/11	THURSDAY 12/11	FRIDAY 13/11
LUNCH	Tuna Zucchini Potato Sunflower oil Mineral water	Veal Red cabbage Potato/rice Corn oil Mineral water	Chicken Fennel Potato Rapeseed oil Mineral water	Pork Spinach Potato/pasta Olive oil Mineral water	Tilapia fillet Jerusalem artichoke Potato Sunflower oil Mineral water
SNACK	Banana Mandarin Mineral water	Banana Apple Mineral water	Banana Grapes Mineral water	Banana Pear Mineral water	Banana Melon Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Kiwi Mineral water	Banana Mineral water	Pineapple Mineral water	Clementines Mineral water	Grapes Mineral water
LUNCH: 11:30 am	Raw vegetables (cherry tomatoes) Tuna Zucchini Potato Sunflower oil Mineral water	Watercress soup Veal Red cabbage with apples Quinoa Corn oil Mineral water	Pepper soup Chicken Fennel Potato Rapeseed oil Mineral water	Raw vegetables (carrots) Roast pork Creamed spinach Pasta (penne) Olive oil Mineral water	Celery soup Tilapia fillet Jerusalem artichoke Mashed potato Sunflower oil Mineral water
3 O'CLOCK SNACK	Mandarin Gingerbread Growing-up milk	Apple Slices of buttered white bread Mineral water	Grapes Natural yoghurt Buttered zwieback Mineral water	Pear Slices of brown bread with Liège's sirup Mineral water	Melon Rice cake Mineral water
5 O'CLOCK SNACK	Grapes Mineral water	Raw vegetables (cucumber) Mineral water	Plum Mineral water	Dates Mineral water	Raw vegetables (cherry tomatoes) Mineral water

For children under 12 months old, the menu is adapted to their nutritional requirements, taking into account recommendations from ONE and from the child's paediatrician as well as the information provided by the parents on the dietary info sheet.

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

Approved by Esedra sprl

UNDER 12 MONTHS					
Week 47	MONDAY 16/11	TUESDAY 17/11	WEDNESDAY 18/11	THURSDAY 19/11	FRIDAY 20/11
LUNCH	Cod Parsnip Potato Corn oil Mineral water	Lamb Squash Potato/semolina Rapeseed oil Mineral water	Salmon Leeks Potato Olive oil Mineral water	Egg Mushrooms Potato/rice Sunflower oil Mineral water	Turkey Watercress Potato Corn oil Mineral water
SNACK	Banana Pear Mineral water	Banana Apple Mineral water	Banana Mandarin Mineral water	Banana Plum Mineral water	Banana Melon Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Passion fruit Mineral water	Orange Mineral water	Mango Mineral water	Banana Mineral water	Persimmon Mineral water
	Tomato soup Cod Parsnip Potato Corn oil Mineral water	Celery soup Lamb Squash Semolina Rapeseed oil Mineral water	Raw vegetables (cucumber) Salmon Leek fondue Potato Olive oil Mineral water	8 vegetable soup Egg Mushrooms Rice Sunflower oil Mineral water	Raw vegetables (carrots) Turkey Watercress mash Potato Corn oil Mineral water
3 O'CLOCK SNACK	Pear Buttered sandwich with apricot compote Mineral water	Apple Slices of bread with goat's cheese Mineral water	Mandarin Rice cake Mineral water	Plum Natural yoghurt Sponge finger biscuits Mineral water	Fruit salad Buttered crispbread Growing-up milk
5 O'CLOCK SNACK	Banana Mineral water	Grapes Mineral water	Kiwi Mineral water	Raw vegetables (cherry tomatoes) Mineral water	Mandarin Mineral water

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The fruits and vegetables are organic

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UNDER 12 MONTHS					
Week 48	MONDAY 23/11	TUESDAY 24/11	WEDNESDAY 25/11	THURSDAY 26/11	FRIDAY 27/11
LUNCH	Egg Lamb's lettuce Potato Rapeseed oil Mineral water	Cod Tomatoes Potato/pasta Olive oil Mineral water	Pork White cabbage Potato Sunflower oil Mineral water	Beef Carrots Potato/rice Corn oil Mineral water	Hake Celeriac Potato Rapeseed oil Mineral water
SNACK	Banana Apple Mineral water	Banana Grapes Mineral water	Banana Melon Mineral water	Banana Plum Mineral water	Banana Pear Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Orange Mineral water	Pineapple Mineral water	Banana Mineral water	Kiwi Mineral water	Clementines Mineral water
LUNCH: 11:30 am	Raw vegetables (cherry tomatoes) Egg Lamb's lettuce Potato Rapeseed oil Mineral water	Leek/onion soup Cod Vegetable ratatouille Greek pasta Olive oil Mineral water	7 vegetable soup Lentils with tomato sauce Peppers Quinoa Sunflower oil Mineral water	Raw vegetables (radish) Beef Carrots Potato Corn oil Mineral water	Squash soup Hake Celeriac Potato Rapeseed oil Mineral water
3 O'CLOCK SNACK	Apple Rice cake with Liège's sirup Mineral water	Grapes Rusk with gouda Mineral water	Melon Slices of buttered white bread Mineral water	Passion fruit Rice cake Mineral water	Pear Bread French toast Growing-up milk
5 O'CLOCK SNACK	Banana Mineral water	Raw vegetables (carrots) Mineral water	Plum Mineral water	Apple Mineral water	Raw vegetables (cherry tomatoes) Mineral water

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UNDER 12 MONTHS					
Week 49	MONDAY 30/11	TUESDAY 01/12	WEDNESDAY 02/12	THURSDAY 03/12	FRIDAY 04/12
LUNCH	Egg Carrots Potato Olive oil Mineral water	Hake Leeks Potato/wheat Sunflower oil Mineral water	Pork Salsify Potato Corn oil Mineral water	Salmon Zucchini Potato/pasta Rapeseed oil Mineral water	Turkey White cabbage Potato Olive oil Mineral water
SNACK	Banana Pear Mineral water	Banana Apple Mineral water	Banana Clementines Mineral water	Banana Melon Mineral water	Banana Grapes Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Banana Mineral water	Orange Mineral water	Kiwi Mineral water	Dates Mineral water	Grapes Mineral water
LUNCH: 11:30 am	Chicory soup Egg Carrots Mashed potato Olive oil Mineral water	Squash soup Hake Leeks Wheat Sunflower oil Mineral water	Raw vegetables (cherry tomatoes) Pork Salsify Potato Corn oil Mineral water	7 vegetable soup Salmon Zucchini Pasta (elbow macaroni) Rapeseed oil Mineral water	Raw vegetables (carrots) Roast turkey White cabbage Potatoes with parsley Olive oil Mineral water
3 O'CLOCK SNACK	Pear Slices of white bread with jam Mineral water	Apple Buttered rusk Growing-up milk	Clementines Slices of brown bread with honey Mineral water	Red berries Natural yoghurt Breadsticks Mineral water	Fruit salad Buttered sandwich Mineral water
5 O'CLOCK SNACK	Raw vegetables (cherry tomatoes) Mineral water	Mango Mineral water	Raw vegetables (cucumber) Mineral water	Banana Mineral water	Apple Mineral water

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UNDER 12 MONTHS					
Week 50	MONDAY 07/12	TUESDAY 08/12	WEDNESDAY 09/12	THURSDAY 10/12	FRIDAY 11/12
LUNCH	Tilapia fillet Fennel Potato Sunflower oil Mineral water	Veal Tomato Potato/rice Corn oil Mineral water	Chicken Zucchini Potato Rapeseed oil Mineral water	Pork Spinach Potato Olive oil Mineral water	Tuna Jerusalem artichoke Potato Sunflower oil Mineral water
SNACK	Banana Mandarin Mineral water	Banana Apple Mineral water	Banana Grapes Mineral water	Banana Pear Mineral water	Banana Melon Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Kiwi Mineral water	Banana Mineral water	Pineapple Mineral water	Clementines Mineral water	Grapes Mineral water
LUNCH: 11:30 am	Raw vegetables (cherry tomatoes) Tilapia fillet Fennel Potato Sunflower oil Mineral water	Watercress soup Veal Red cabbage with apples Quinoa Corn oil Mineral water	6 vegetable soup Chicken Zucchini Potato Rapeseed oil Mineral water	Raw vegetables (carrots) Roast pork Creamed spinach Pasta (penne) Olive oil Mineral water	Celery soup Cod Jerusalem artichoke Mashed potato Sunflower oil Mineral water
3 O'CLOCK SNACK	Mandarin Gingerbread Mineral water	Apple Natural yoghurt Buttered rusk Mineral water	Grapes Slices of white bread with Liege's sirup Mineral water	Pear Slices of buttered brown bread Growing-up milk	Melon Buttered rusk Mineral water
5 O'CLOCK SNACK	Grapes Mineral water	Raw vegetables (cucumber) Mineral water	Plum Mineral water	Dates Mineral water	Raw vegetables (cherry tomatoes) Mineral water

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The fruits and vegetables are organic

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UNDER 12 MONTHS					
Week 51	MONDAY 14/12	TUESDAY 15/12	WEDNESDAY 16/12	THURSDAY 17/12	FRIDAY 18/12
LUNCH	Hake Parsnip Potato Corn oil Mineral water	Lamb Squash Potato/semolina Rapeseed oil Mineral water	Salmon Leeks Potato Olive oil Mineral water	Egg Mushrooms Potato/rice Sunflower oil Mineral water	Turkey Watercress Potato Corn oil Mineral water
SNACK	Banana Pear Mineral water	Banana Apple Mineral water	Banana Plum Mineral water	Banana Clementines Mineral water	Banana Plum Mineral water
OVER 12 MONTHS					
9 O'CLOCK SNACK	Passion fruit Mineral water	Clementines Mineral water	Mango Mineral water	Banana Mineral water	Pear Mineral water
	Tomato soup Hake Parsnip Potato Corn oil Mineral water	Celery soup Lamb Squash Semolina Rapeseed oil Mineral water	Raw vegetables (cucumber) Salmon Leek fondue Potato Olive oil Mineral water	8 vegetable soup Kidney beans Sweetcorn, tomatoes Rice Sunflower oil Mineral water	Raw vegetables (carrots) Turkey Watercress mash Potato Corn oil Mineral water
3 O'CLOCK SNACK	Pear Buttered sandwich with apple compote Mineral water	Apple Slices of bread with goat's cheese Mineral water	Plum Rice cake Mineral water	Clementines Natural yoghurt Sponge finger biscuits Mineral water	Fruit salad Buttered crispbread Growing-up milk
5 O'CLOCK SNACK	Banana Mineral water	Orange Mineral water	Kiwi Mineral water	Raw vegetables (cherry tomatoes) Mineral water	Grapes Mineral water

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The fruits and vegetables are organic

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UNDER 12 MONTHS					
Week 52	MONDAY 21/12	TUESDAY 22/12	WEDNESDAY 23/12		
LUNCH	Pork Chicory Potato Corn oil Mineral water	Hake Parsnip Potato Rapeseed oil Mineral water	Eggs Carrots Potato Olive oil Mineral water		
SNACK	Banana Grapes Mineral water	Banana Apple Mineral water	Banana Mandarin Mineral water		
OVER 12 MONTHS					
9 O'CLOCK SNACK	Pear Mineral water	Dates Mineral water	Mango Mineral water		
LUNCH: 11:30 am	Raw vegetables (tomatoes) Roast pork Chicory Quinoa Corn oil	7 vegetable soup Hake Parsnip Potato Rapeseed oil Mineral water	Red soup Eggs Carrots Potato Olive oil Mineral water		
3 O'CLOCK SNACK	Grapes Slices of white bread with gouda Mineral water	Apple Buttered sandwich Mineral water	Mandarin Slices of brown bread with compote Mineral water		
5 O'CLOCK SNACK	Banana Mineral water	Raw vegetables (cucumber) Mineral water	Orange Mineral water		

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