



Menu plan i-city - September 2026

Week 37	Week 38	Week 39	Week 40	Week 41
Monday (31.08.26) Tomato salad Fish fingers with mashed potato and peas	Monday (07.09.26) Beetroot salad Couscous salad with cheese	Monday (14.09.26) <i>Grilled vegetables</i> <i>Lasagne</i>	Monday (21.09.26) Broccoli salad Omelette with vegetable sauce	Monday (28.09.26) Sweetcorn salad Rice with meatballs in tomato sauce and peas
Tuesday (01.09.26) Carrot salad Rice with baked pumpkin wedges and yoghurt dip	Tuesday (08.09.26) Sweetcorn salad Rösti with chicken escalope and beans	Tuesday (15.09.26) Mixed salad Pumpkin risotto	Tuesday (22.09.26) <i>Caprese salad</i> <i>Pasta al salmone</i>	Tuesday (29.09.26) Vegetable sticks Hot dog
Wednesday (02.09.26) <i>Caprese salad</i> <i>Gnocchi bolognese</i>	Wednesday (09.09.26) Broccoli salad Fried rice with vegetables and egg	Wednesday (16.09.26) Greek salad Chicken nuggets with potato wedges and homemade ketchup	Wednesday (23.09.26) Mixed salad Ratatouille with Ebly	Wednesday (30.09.26)
Thursday (03.09.26) Mixed salad Farfalle with homemade green pesto	Thursday (10.09.26) <i>Melon with ham</i> <i>Assorted pizzas</i>	Thursday (17.09.26) Carrot salad Mild vegetable curry with basmati rice	Thursday (24.09.26) Beetroot salad Potato and vegetable bake	Thursday (01.10.26)
Friday (04.09.26) Greek salad Ebly and vegetable stir-fry with courgette and fresh garden herbs	Friday (11.09.26) Vegetable sticks Swiss macaroni with minced meat and apple sauce	Friday (18.09.26) Mixed salad Cheese and spinach tart	Friday (25.09.26) Cucumber salad Tofu strips with rice	Friday (02.10.26)

Specialities for the educational theme of the month: Italy

Changes are indicated on the daily menu Seasonal fruit and vegetables

