



Saint Maur / IES SUMMER SCHOOL July / August 2013



CEZARS KITCHEN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Beef Lasagna Vegetarian Lasagna Eggplant Parmesan Freshly Made Foccacia Panna Cotta (29)	Herb Baked Chicken Vegetable Croquettes Savory Lentils Broccoli & Cauliflower Mango Crumble (30)	Beef Hamburgers Vegetarian Burgers Chefs Potatoes Steamed Green Beans Fresh Fruit (31)	Chicken Cacciatore Vegetable Gratin Butter Rolls Stir Fry Veg. Banana Cake (01)	Meaty Pizza Vegetarian Pizza Baked Penne Pasta Italian Mixed Veg. Fruit Jelly (02)
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EXERCISE

3E'S OF HEALTHY LIVING TIP OF THE MONTH!

Make the right beverage choices. Drinking sugary beverages, even fruit juices, can add hundreds of calories to your day. Drinking water when you are thirsty is a great choice. For a healthy beverage, try non-fat or low-fat (1%) milk.

EDUCATION
EATING RIGHT

