

Menu March Oostduinlaan Secondary

From this month onwards we are introducing national dish days! On the day that a country has a national day, we serve food that is typical for that country.

Monday 02-03

Pasta Carbonara, served with mixed salad

Tuesday 03-03

Bulgarian day: Stuffed peppers, served with puree and vegetables

Wednesday 04-03

Schnitzel with fries and salad

Thursday 05-03

Vegetarian wok with rice

Friday 06-03

Chicken Ajillo, served with salad

National week without meat (nationale week zonder vlees): Skipping meat or fish for a day or more is a small effort with a huge positive impact on humans, animals and the environment. During this third edition of the national week without meat, we give the pupils the choice between a vegetarian meal or with meat/fish.

Monday 09-03

Quiche with zucchini, spinach and pumpkin

Tuesday 10-03

Pasta with eggplant and mozzarella

Wednesday 11-03

Thai red curry with rice and optional chicken

Thursday 12-03

Bami Goreng with optional bacon

Friday 13-03

Ratatouille with potato and bulgur and optional salmon

Monday 16-03

Hungarian day: Goulash

Tuesday 17-03

Thai prawns with vegetables and rice

Wednesday 18-03

Chicken wings with fries and salad

Thursday 19-03

Pasta Bolognese, served with salad

Friday 20-03

Roasted chicken with polenta

Monday 23-03

Chicken risotto al Limone

Tuesday 24-03

Lasagna Bolognese, served with mixed salad

Wednesday 25-03

Greek day: Pita Gyros with fries and green salad

Thursday 26-03

Cod fish, ratatouille and bulgur

Friday 27-03

Beef stew with rice

(we always make sure that there is a replacement for beef, pork or fish and a vegetarian option)
(changes to the menu can occur)