

THE INTERNATIONAL CAFÉ MENU
WEEK BEGINNING MONDAY, 23RD OCTOBER 2017

Opening Hours: 7.30 am - 3.30 pm

Monday

Home Made Soup of the Day
 Chef's Special Dish of the Day
 Pasta/Rice Dish
 Pizza or Panini
 Potato & Vegetable

Roasted Red Pepper GF V
 Italian Spaghetti Bolognese or Haddock with Dill Sauce
 Basil Pesto GF V or Three Cheese Sauce V
 Tomato & Cheese V or Tandoori Chicken H & Cheese Panini
 Wedge Potatoes, Sweetcorn

Tuesday

Home Made Soup of the Day
 Chef's Special Dish of the Day
 Pasta/Rice Dish
 Pizza or Panini
 Potato & Vegetable

Thai Chicken H GF
 Sweet & Sour Chinese Chicken Balls H or Chinese Chickpeas V
 Tomato Sauce V GF or Vegetable Fried Rice V GF
 Roasted Vegetable & Olive or Mixed Cheese Pizza V
 Roast Potatoes, Carrots

Wednesday

Home Made Soup of the Day
 Chef's Special Dish of the Day
 Pasta/Rice Dish
 Pizza or Panini
 Potato & Vegetable

Mushroom GF V
 Chilli con Carne GF served with Rice, Tortilla Chips & Salsa
 Cheese Sauce V or Butternut Squash Risotto V GF
 Cheese V or Ham & Cheese Toasty
 Mashed Potato, Peas

Thursday

Home Made Soup of the Day
 Chef's Special Dish of the Day
 Pasta/Rice Dish
 Pizza or Panini
 Potato & Vegetable

Tomato & Lentil GF V
 Roast Beef, Caramelised Onion & Gravy GF, Yorkshire Pudding
 Tomato V GF or Spinach Sauce V GF
 Tex-Mex Chicken H or Mozzarella Cheese V Wraps
 Steamed Potatoes, Roast Carrots & Parsnips

Friday

Home Made Soup of the Day
 Chef's Special Dish of the Day
 Pasta/Rice Dish
 Pizza or Panini
 Potato & Vegetable

Chicken & Potato Chowder GF
 Breaded Chicken H or Battered Fresh Haddock
 Tomato V GF or Cheese Sauce V
 Cheese V or Ham & Cheese Panini
 Fries, Peas

H - Halal assured GF- Gluten free (for gluten free option please ask) V-Vegetarian

WEEKLY SALAD & SANDWICH MENU

SANDWICH SELECTION	SALAD SELECTION Core Salad Plus Weekly Specials	BAKED POTATO Plain or Filled
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PARENT NOTES

Grades K – 2 are served with a tray which includes a choice of Main Meal, Pasta/Rice or Panini. Also included are vegetables, potatoes and fruit. However, if the Main Meal, Pasta/Rice or Panini is not selected, children must ask for an alternative and a Baked Potato with Filling or Soup and a Sandwich will be offered.

Extra dessert options can be purchased separately if desired.