

THE INTERNATIONAL CAFÉ MENU
WEEK BEGINNING MONDAY, 13TH NOVEMBER 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

Leek & Potato **GF V**
 Fantastic Fish Pie or Harissa Chicken with Rice & Tzatziki **H GF**
 Tomato **V GF** or Noodle Chow Mein **V**
 Tomato & Cheese **V** or Ham & Cheese Panini
 Baby New Potatoes, Carrots & Peas

Tuesday

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

Pumpkin & Ginger **GF V**
 Chicken Pie **H** or Vegetable Lasagne **V**
 Arrabbiata **GF V** or Cheese Sauce **V**
 Three Cheese **V** or Pepperoni Pizza
 Steamed Potatoes, Broccoli & Green Beans

Wednesday

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

Green Split Pea **GF V**
 Homemade Beef Burger served in a Bun & Salad
 Tomato Sauce **GF V** or Macaroni Cheese **V**
 Cheese **V** or Ham & Cheese Toasty
 Wedge Potatoes, Mixed Vegetables

Thursday

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

Broccoli & Cauliflower **GF V**
 Roast Pork with Stuffing & Apple Sauce or Crispy Crumb Salmon
 Tomato **V GF** or Cheese Sauce **V**
 Chicken **H** or Cheese & Onion Wrap
 Roast Potatoes, Sweetcorn

Friday

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

Hearty Root & Barley **V**
 Breaded Chicken **H** or Battered Fresh Haddock
 Tomato **V GF** or Roasted Vegetable **GF 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.