

THE ISA CAFÉ MENU
WEEK BEGINNING MONDAY 15 MARCH 2010
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

Carrot and Lentil
 Thick and Chunky Beef Sausages
 Tomato or Cheddar Cheese Sauce
 Panini
 Mashed Potatoes, Cauliflower & Broccoli

Tuesday

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

Potato & Sweetcorn Chowder
 Breaded Homemade Chicken Burgers In A Sesame Bun
 Tomato or Smoked Salmon Cream Sauce
 Pizza
 Potato Wedges, Courgette & Peppers

Wednesday

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

Chicken Noodle
 Crispy Chilli Beef Strips with Mixed Rice
 Chunky Vegetable or Beef Mince Bolognaise
 Toasty
 Herb Steamed Potatoes, Stir Fried Vegetables

Thursday

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

Spanish Chorizo & Chick Pea
 Turkey & Leek with Puff Pastry Top
 Tomato Sauce or Vegetable Chow Mein
 Pizza
 Crispy Potato Cubes, Carrot & Peas

Friday

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

Vegetable Broth
 Breaded Chicken Bites or Battered Fish
 Tomato Sauce or Egg Fried Rice
 Panini
 Chips, Mixed Corn

WEEKLY SALAD & SANDWICH MENU

SANDWICH SELECTION	SALAD SELECTION Core Salad Plus Weekly Specials	BAKED POTATO
Core Selection or Pre-order with Filling of Your Choice	Cheese & Tomato Quiche Continental Meat Platter Mixed Bean & Vinaigrette Sun Dried Tomato & Cous Cous Salad Greek Feta & Olive Salad	Plain or With Filling or Your Choice

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 desert (fruit only). 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. Ice cream or fresh fruit pots can be purchased separately if desired.