

THE INTERNATIONAL CAFÉ MENU
WEEK BEGINNING MONDAY 10TH SEPTEMBER 2018

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

Vegetable Broth **v**
 Beef Stroganoff **GF** served with Plain Rice
 Tomato **v** or Mushroom **v** Sauce
 Panini with Ham & Cheese or Cheese & Tomato **v**
 Boiled Potatoes, Sweetcorn

Tuesday

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

Tomato & Basil **GF v**
 Mild Chicken Curry **H** served with Rice & Naan Bread
 Cheese Sauce **v** or Fried Rice **v**
 Pizza
 Roast 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

Butternut Squash & Sweet Potato **v GF**
 Beef Burritos served with Salsa
 Bolognese or Tomato **v** Sauce
 Toasty
 Potato Croquettes, Carrots

Thursday

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

Chicken Noodle **H**
 Steak Pie with Puff Pastry on the side **GF-option**
 Tomato **v GF** or Macaroni cheese **v**
 Pizza
 Mashed Potatoes, Roasted Vegetables

Friday

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

Vegetable **GF v**
 Breaded Chicken **H** or Battered Haddock **GF-option**
 Spinach or Tomato Sauce **v GF**
 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.