

THE INTERNATIONAL CAFÉ MENU
WEEK BEGINNING MONDAY, 11TH MARCH 2019
Opening Hours: 7.30am - 3.30pm

Monday

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

Lentil with Roasted Garlic & Rosemary v GF
 Mild Chicken Curry H GF with Rice or Sweet Potato Curry v GF
 Tomato GF or Cheese Sauce v
 Tomato & Cheese v or Ham & Cheese Panini
 Steamed Potatoes, Broccoli & Green Beans

Tuesday

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

Chicken Noodle H
 Spaghetti Bolognese or Refried Bean Wrap v
 Tomato v GF or Carbonara Sauce
 3 Cheese v or Meat Feast Pizza
 Potato Croquettes, Carrots

Wednesday

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

Asparagus & Broccoli v GF
 Creamy Chicken in Sun Dried Tomato Sauce H GF
 Spiced Sausage or Ratatouille Sauce v GF
 Cheese v or Ham & Cheese Toasty
 Roast Potatoes, Sweetcorn

Thursday

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

Beef Goulash GF
 Meatballs in Rich Tomato Sauce (GF – option)
 Tomato GF v or Stir Fry Vegetable Noodles v
 Pizza
 Potato Cubes, Carrots & Broccoli

Friday

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

Vegetable v GF
 Breaded Scampi or Battered Fresh Haddock (GF – option)
 Tomato v GF or Cheese Sauce v
 Cheese v or Meat Feast Panini
 Fries, Peas & Sweetcorn

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

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.