

THE INTERNATIONAL CAFÉ MENU
WEEK BEGINNING MONDAY, 12TH NOVEMBER 2018

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 & Carrot **GF V**
 Chicken Chasseur **H**
 Tomato **GF V** or Cheese Sauce **V**
 Tomato & Cheese **V** or Ham & Cheese Panini
 Boiled 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

French Onion **GF V**
 Beef & Onion Pie topped with Puff Pastry or Baked Haddock in Cheese Sauce
 Tomato **GF V** or Vegetable Paella **V**
 Three Cheese **V** or Pepperoni Pizza
 Steamed Baby Potatoes, Broccoli & Cauliflower

Wednesday

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

Cream of Tomato **GF V**
 Lemon & Ginger Chicken **H** or Frankfurter in a Bun
 Tomato **GF V** or Cheese Sauce **V**
 Cheese **V** or Ham & Cheese Toasty
 Curly Fries, Mixed Vegetables

Thursday

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

Broth **V**
 Minced Beef or Vegetable Burritos **V** with Mixed Beans & Cheese
 Tomato **GF V** or Macaroni Cheese **V**
 Pizza
 Roast Potatoes, Roast Vegetables

Friday

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

Cream of Vegetable **GF V**
 Breaded Scampi or Battered Fresh Haddock
 Tomato **GF V** or Soya Noodles **V**
 Cheese **V** or Ham & Cheese 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
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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.