

**THE INTERNATIONAL CAFÉ MENU WEEK
BEGINNING MONDAY, 15TH APRIL 2019**

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 & Coriander v GF
Beef Stew with Carrots & Potatoes
Steamed Haddock served on Chunky Tomato Sauce GF
Tomato or Cheese Sauce v
Tomato & Cheese v or Ham & Cheese Panini
Roast Potatoes, Carrots

Tuesday

Home Made Soup of the Day
Chef's Special Dish of the Day

Pasta/Rice Dish
Pizza or Panini
Potato & Vegetable

Vegetable v GF
Curry Chicken with Rice HGF or Homemade Vegetarian Lentil & Chickpea Loaf v
Mushroom v or Spicy Chorizo Sauce
3 Cheese v or Mixed Meat Pizza
Steamed Potatoes, Sweetcorn

Wednesday

Home Made Soup of the Day
Chef's Special Dish of the Day

Pasta/Rice Dish
Pizza or Panini
Potato & Vegetable

Chinese Chicken HGF
Golden Shepherd's Pie GF
Arrabiata v or Vegetable Paella v
Cheese Toasty v or Ham & Cheese Toasty
Potato Wedges, Steamed Green Vegetables

Thursday (meat-free day)

Home Made Soup of the Day
Chef's Special Dish of the Day

Pasta/Rice Dish
Pizza or Panini
Potato & Vegetable

Sweet Potato & Butternut Squash v GF
Macaroni Cheese v or Creamy Vegetable Curry & Rice v GF
Chunky Tomato Sauce v GF or Noodle Chow Mein v
Four Cheese Pizza v
Croquette Potatoes, Corn on the Cob

Friday

Home Made Soup of the Day
Chef's Special Dish of the Day

Pasta/Rice Dish
Pizza or Panini
Potato & Vegetable

Red Lentil, Chickpea & Chilli v GF
Breaded Chicken H or Battered Fresh Haddock GF -option
Tomato v or Cheese Sauce v
Cheese v or Mixed Meat Panini
Fries, Peas & Sweetcorn

H - Halal assured GF- Gluten free (for option please ask) V-Vegetarian

WEEKLY SALAD & SANDWICH MENU

SANDWICH SELECTION	SALAD SELECTION Core Salad Plus Weekly Specials	BAKED POTATO
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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.