

**THE INTERNATIONAL CAFÉ MENU WEEK
BEGINNING MONDAY, 16TH APRIL 2018**

Opening Hours: 7.30am - 3.30pm

Monday

Home Made Soup of the Day	Lentil <small>v GF</small>
Chef's Special Dish of the Day	Chicken Breast <small>H</small> in Rich Tomato Sauce or Haddock in Cheese Sauce
Pasta/Rice Dish	Tomato or Cheese Sauce <small>v</small>
Pizza or Panini	Tomato & Cheese or Ham & Cheese Panini
Potato & Vegetable	Steamed Baby New Potatoes, Carrots

Tuesday

Home Made Soup of the Day	French Onion <small>v GF</small>
Chef's Special Dish of the Day	Minute Steak with Fried Onion in a Baguette or Homestyle Chicken Curry <small>H</small> with Rice
Pasta/Rice Dish	Spinach or Chunky Vegetable & Tomato Sauce <small>v</small>
Pizza or Panini	Cheese <small>v</small> or Pepperoni Pizza
Potato & Vegetable	Potato Wedges, Broccoli & Green Vegetables

Wednesday

Home Made Soup of the Day	Goulash <small>GF</small>
Chef's Special Dish of the Day	Tex-Mex Ribs or Salmon Fillet with a Citrus Crust
Pasta/Rice Dish	Spaghetti Carbonara
Pizza or Panini	Toasty
Potato & Vegetable	Roast Baby New Potatoes, Corn on the Cob

Thursday

Home Made Soup of the Day	Garden Minestrone <small>v</small>
Chef's Special Dish of the Day	Chicken <small>H</small> & Cheese or Onion & Cheese Quesadilla <small>v</small>
Pasta/Rice Dish	Tomato <small>v</small> or Bolognese Sauce
Pizza or Panini	Pizza
Potato & Vegetable	Croquette Potatoes, Corn on the Cob

Friday

Home Made Soup of the Day	Cream of Tomato <small>v</small>
Chef's Special Dish of the Day	Breaded Chicken <small>H</small> or Battered Fresh Haddock <small>GF option</small>
Pasta/Rice Dish	Tomato & Basil <small>v</small> or Cheese Sauce <small>v</small> .
Pizza or Panini	Meat & Cheese or Cheese Panini
Potato & Vegetable	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
Core Selection or Pre-order with Filling of Your Choice		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 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