

THE INTERNATIONAL CAFÉ MENU
WEEK BEGINNING MONDAY, 3RD DECEMBER 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

Leek & Potato **GF V**
 Beef Sausages & Red Onion Gravy or Steamed Salmon with Herbs & Lemon **GF**
 Tomato **V GF** or Cheese Sauce **V**
 Tomato & Cheese **V** or Ham & Cheese Panini
 Mashed Potato, Carrots & Peas

Tuesday

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

Minestrone **V**
 Piri Piri Chicken **H** with Spicy Rice **GF** or Cottage Pie
 Tomato Sauce **GF V** or Spicy Vegetable Fried Rice **V GF**
 Margherita **V** or Pepperoni Pizza
 Steamed Potatoes, Mixed Green Vegetables

Wednesday

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

Beef Goulash **GF**
 Homemade Chicken Burger **H** served in a Bun & Salad
 Tomato Sauce **V GF** or Macaroni Cheese **V**
 Cheese **V** or Ham & Cheese Toasty
 Potato Wedges, Sweetcorn

Thursday

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**
 Chicken **H** or Vegetable Enchiladas **V** or Spicy Ribs **GF**
 Tomato **V** or Seafood Sauce
 Pizza
 Roast Potatoes & Carrots, Parsnips

Friday

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

Lentil **GF V**
 Breaded Chicken **H** or Battered Fresh Haddock
 Tomato **GF V** or Cheese Sauce **V**
 Cheese **V** or Ham & Cheese Panini
 Fries, Peas or Mushy 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.