

THE INTERNATIONAL CAFÉ MENU
WEEK BEGINNING MONDAY 8TH OCTOBER 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

Carrot & Coriander **V GF**
 Moroccan Spiced Chicken **H GF** & Cous Cous
 Tomato Sauce **V GF** or Spanish Paella with Vegetables **V GF**
 Panini with Cheese & Pepperoni or with Cheese & Onion **V**
 Steamed Baby Potatoes, Carrots

Tuesday

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

Broccoli & Stilton **V GF**
 Turkey & Leek Pie with Puff Pastry **GF-option**
 Cheese **V** or Provençal Sauce **V GF**
 Pizza
 Mashed Potato or Mixed Vegetables

Wednesday

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

Chicken Noodle **H**
 Crispy Sweet Chilli Beef Strips & Rice **GF**
 Tomato Sauce **GF V** or Pepperoni & Tomato Sauce
 Cheese Toasty **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

Lentil **V GF**
 Tandoori Chicken **H GF** served with Rice & Poppadoms
 Tomato Sauce **V GF** or Creamy Smoked Salmon Sauce
 Cheese & Tomato **V** or Pepperoni Pizza
 Crispy Potato Cubes, Roast Vegetables

Friday

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

Chunky Vegetable **V GF**
 Breaded Scampi or Battered Fresh Haddock **GF Option**
 Tomato **GF V** or Provençal Sauce **V GF**
 Panini
 Fries, 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.