

**THE INTERNATIONAL CAFÉ MENU**  
**WEEK BEGINNING MONDAY 9<sup>TH</sup> SEPTEMBER 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

Vegetable Broth **v**  
 Beef Stroganoff **GF** served with Plain Rice  
 Tomato **v** or Mushroom **v** Sauce  
 Panini with Ham & Cheese or Cheese & Tomato **v**  
 Boiled Potatoes, Sweetcorn

**Tuesday**

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

Tomato & Basil **GF v**  
 Mild Chicken Curry **H** served with Rice & Naan Bread  
 Cheese Sauce **v** or Fried Rice **v**  
 Pizza  
 Roast Potatoes, Broccoli, Green Beans

**Wednesday**

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

Butternut Squash & Sweet Potato **v GF**  
 Beef Burritos served with Salsa  
 Bolognese or Tomato **v** Sauce  
 Toasty  
 Potato Croquettes, Carrots

**Thursday**

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

Chicken Noodle **H**  
 Steak Pie with Puff Pastry on the side **GF-option**  
 Tomato **v GF** or Macaroni cheese **v**  
 Pizza  
 Mashed Potatoes, Roasted Vegetables

**Friday**

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

Vegetable **GF v**  
 Breaded Chicken **H** or Battered Haddock **GF-option**  
 Spinach or Tomato 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.