

**THE INTERNATIONAL CAFÉ MENU**  
**WEEK BEGINNING MONDAY, 19<sup>TH</sup> AUGUST 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

Lentil v GF  
 Beef Goulash GF or Tuna Pasta Bake  
 Tomato GF v or Cheese v Sauce  
 Panini with Ham & Cheese or Cheese & Tomato v  
 Potato Croquettes, Carrots

**Tuesday**

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

Thai Chicken H GF  
 Chicken Taco H or Traditional Falafel Balls with Pitta Bread & Salad v  
 Tomato Ratatouille v GF or Spinach v Sauce  
 Pizza  
 Steamed Potatoes, Carrots & Peas

**Wednesday**

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

Scotch Broth v  
 Baked Marinated Pork Chops GF or BBQ Chicken Wings GF  
 Tomato GF v or Carbonara v Sauce  
 Toasty  
 Mashed Potato, Broccoli & Green Beans

**Thursday**

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

Leek & Potato v GF  
 Beef Stir Fry with Noodles or Sweet & Sour Chicken H GF  
 Tomato v GF or Provencal v Sauce  
 Pizza  
 Fried Mashed Potato Balls, Roasted Vegetables

**Friday**

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  
 Breaded Chicken Bites H or Battered Fresh Haddock GF Option  
 Tomato Sauce v or Prawn Paella 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.