

**THE INTERNATIONAL WEEK MENU**  
**WEEK BEGINNING MONDAY 22<sup>ND</sup> OCTOBER 2018**  
**Opening Hours: 7.30 am - 3.30 pm**

Can have one choice or have a little of each

**Monday- Far East**

Chicken & Sweetcorn Soup(GF)  
 Beef Teriyaki  
 Sticky Five Spice Ribs(GF)  
 Thai Green Chicken(H) (GF)  
 Singapore Noodles v  
 Spring Rolls v, Wontons, Prawn Crackers  
 Spicy Schezuan Vegetables v(GF), Steamed Rice v(GF)

**Tuesday- Africa, Middle East**

D'ba Zigni- Spiced Pumpkin Broth v(GF)  
 Chicken Piri Piri(H) (GF)  
 North African Boulette (Meatballs)  
 Falafel Burger in an African Bun(GF-option)  
 Moroccan Lamb Tagine  
 Jollof Rice v(GF), Ye'abasha Gomen v(GF), Chilli Sweet Potato v

**Wednesday- Europe**

Vegetable Goulash Soup(GF)v  
 Chicken Schnitzel(H) (GF-option)  
 Bratwurst with Apple, Onion & Sauerkraut  
 Mushroom, Spinach & Parmesan Risotto v(GF)  
 Beef Stovies(GF) with Beetroot & Oatcakes  
 Lyonnaise Potato Bake v(GF), Roasted Vegetables v

**Thursday- India Pakistan,**

Lebanese Chickpea & Chilli Soup(GF)v  
 Murgh Makhani (Buttered Chicken)(H) (GF)  
 Kakori Lamb Kebab  
 Halloumi Shish Tawook Kebab (GF) v  
 Samosas v, Poppadoms v  
 Vegetable Bhaji v, Lentil Dahl(GF)v, Pilau Rice v(GF)

**Friday- The Americas**

Smoked Haddock & Clam Chowder (GF)  
 Build your own Burger Tower - Beef or Veggie v (GF-option)  
 Chicken Enchilada Pie (H)  
 Shrimp Jambalaya (GF)  
 Spicy Buffalo Wings (GF)  
 Fries, Onion Rings v Corn on the Cob v(GF)

(H) denotes Halal-sourced meat (GF) Gluten free v- vegetarian

**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 dessert (fruit only). 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.