

THE INTERNATIONAL CAFÉ MENU

WEEK BEGINNING MONDAY, 16TH MARCH 2020

Opening Hours: 7.30am - 3.30pm

Monday

Home Made Soup of the Day	Carrot & Coriander ^{V GF}
Chef's Special Dish of the Day	Beef Mince served in a Rich Gravy
Pasta/Rice Dish	Tomato Sauce or Vegetable Spiced Cous Cous ^V
Pizza or Panini	Tomato & Cheese or Cheese Panini ^V
Potato & Vegetable	Baby Potatoes, Broccoli & Green Beans

Tuesday

Home Made Soup of the Day	Lightly Spiced Lentil ^{V GF}
Chef's Special Dish of the Day	Lamb or Vegetable Kebab ^V served with Pitta Bread & Salad ^(GF option)
Pasta/Rice Dish	Tomato or Cheese Sauce ^V
Pizza or Panini	3 Cheese ^V or Pepperoni Pizza
Potato & Vegetable	Mashed Potato, Broccoli & Cauliflower

Wednesday

Home Made Soup of the Day	Cream of Tomato ^{V GF}
Chef's Special Dish of the Day	Fantastic Beef Stroganoff ^{GF} with Rice
Pasta/Rice Dish	Tomato or Cheese Sauce ^V
Pizza or Panini	Cheese ^V or Ham Toasty
Potato & Vegetable	Roast Potatoes, Mixed Vegetables

Thursday

Home Made Soup of the Day	Sweet Potato & Bean ^{V GF}
Chef's Special Dish of the Day	Chilli Con Carne ^{GF} or Tex-Mex Ribs with Salsa & Rice ^{GF}
Pasta/Rice Dish	Tomato Sauce or Macaroni Cheese ^V
Pizza or Panini	Pizza
Potato & Vegetable	Potato Croquettes, Carrots & Beans

Friday

Home Made Soup of the Day	Vegetable ^V
Chef's Special Dish of the Day	Breaded Chicken ^H or Battered Fresh Haddock ^(GF option)
Pasta/Rice Dish	Tomato or Cheese Sauce ^V
Pizza or Panini	Cheese ^V or Meat Feast Panini
Potato & Vegetable	Fries, Peas & Sweetcorn

H - Halal assured GF- Gluten free (for gluten free option please ask) V-Vegetarian

WEEKLY SALAD & SANDWICH MENU

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SANDWICH SELECTION	SALAD SELECTION Core Salad Plus Weekly Specials	BAKED POTATO Plain or Filled

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.