

THE INTERNATIONAL CAFÉ MENU
WEEK BEGINNING MONDAY, 18TH MARCH 2019
Opening Hours: 7.30am - 3.30pm

Monday

Home Made Soup of the Day	Red Lentil & Chickpea <small>v GF</small>
Chef's Special Dish of the Day	Chicken Curry with Rice <small>GF H</small>
Pasta/Rice Dish	Tomato <small>GF v</small> or Carbonara Sauce
Pizza or Panini	3 Cheese <small>v</small> or Meat Feast Pizza
Potato & Vegetable	Potato Croquettes, Carrots & Peas

Tuesday

Home Made Soup of the Day	White Onion & Cheddar <small>v GF</small>
Chef's Special Dish of the Day	Beef Sausages in Gravy or Salmon & Spinach in Puff Pastry
Pasta/Rice Dish	Tomato <small>GF v</small> or Cheese Sauce <small>v</small>
Pizza or Panini	Tomato & Cheese <small>v</small> or Ham & Cheese Panini
Potato & Vegetable	Mashed Potato, Green Vegetables & Carrots

Wednesday

Home Made Soup of the Day	Split Green Pea <small>v GF</small>
Chef's Special Dish of the Day	Chicken <small>H</small> Burger in a Bun & Salad or Meatloaf
Pasta/Rice Dish	Tomato <small>GF v</small> or Cheese Sauce <small>v</small>
Pizza or Panini	Cheese <small>v</small> or Ham & Cheese Toasty
Potato & Vegetable	Steamed Potatoes, Sweetcorn

Thursday

Home Made Soup of the Day	Vegan Curry with Kale <small>v GF</small>
Chef's Special Dish of the Day	Roast Beef & Yorkshire Pudding
Pasta/Rice Dish	Tomato <small>GF v</small> or Cheese Sauce <small>v</small>
Pizza or Panini	Pizza
Potato & Vegetable	Roast Potato Cubes, Roast Vegetables

Friday

Home Made Soup of the Day	Vegetable Broth <small>v</small>
Chef's Special Dish of the Day	Breaded Scampi or Battered Fresh Haddock (<small>GF</small> option)
Pasta/Rice Dish	Tomato <small>v GF</small> or Cheese Sauce <small>v</small>
Pizza or Panini	Cheese <small>v</small> 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

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.