THE INTERNATIONAL CAFÉ MENU
WEEK BEGINNING MONDAY, 20TH JANUARY 2020
Opening Hours: 7.30am - 3.30pm

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

Home Made Soup of the Day	Vegetable Broth V
Chef's Special Dish of the Day	Breaded Scampi or Battered Fresh Haddock (GF option)
Pasta/Rice Dish	Tomato V GF 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

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.