

THE INTERNATIONAL CAFÉ MENU
WEEK BEGINNING MONDAY, 21ST OCTOBER 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

Roasted Red Pepper **GF V**
Italian Spaghetti Bolognese or Haddock with Dill Sauce
Basil Pesto **GF V** or Three Cheese Sauce **V**
Tomato & Cheese **V** or Tandoori Chicken **H** & Cheese Panini
Wedge Potatoes, Sweetcorn

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**
Sweet & Sour Chinese Chicken Balls **H** or Chinese Chickpeas **V**
Tomato Sauce **V GF** or Vegetable Fried Rice **V GF**
Roasted Vegetable & Olive or Mixed Cheese Pizza **V**
Roast Potatoes, Carrots

Wednesday

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

Mushroom **GF V**
Chilli con Carne **GF** served with Rice, Tortilla Chips & Salsa
Cheese Sauce **V** or Butternut Squash Risotto **V GF**
Cheese **V** or Ham & Cheese Toasty
Mashed Potato, Peas

Thursday

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

Tomato & Lentil **GF V**
Roast Beef, Caramelised Onion & Gravy **GF**, Yorkshire Pudding
Tomato **V GF** or Spinach Sauce **V GF**
Tex-Mex Chicken **H** or Mozzarella Cheese **V** Wraps
Steamed Potatoes, Roast Carrots & Parsnips

Friday

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

Chicken & Potato Chowder **GF**
Breaded Chicken **H** or Battered Fresh Haddock
Tomato **V GF** or Cheese Sauce **V**
Cheese **V** or Ham & Cheese Panini
Fries, Peas

H - Halal assured **GF**- Gluten free (for gluten free option please ask) **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 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.