

THE INTERNATIONAL CAFÉ MENU
WEEK BEGINNING MONDAY 23RD SEPTEMBER 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

ABERDEEN HOLIDAY MONDAY – NO SCHOOL

Tuesday

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

Cock-a-Leekie **GF H**
 Mild Chicken Curry **GF H** with Naan Bread & Sour Cream
 Cheese **v** or Provençal Sauce **v**
 Pizza
 Mashed Potato, Carrots

Wednesday

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

Mushroom **v GF**
 Steamed Salmon **GF**, or Beef or Vegetable **v** Lasagne served with Garlic Bread
 Tomato Sauce **v GF** or Pepperoni & Tomato Sauce
 Toasty
 Roast Potatoes, Mixed Green Vegetables

Thursday

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

Minestrone **v**
 Shredded Chicken and Cheese Quesadilla served with Salsa **H**
 Cheese **v** or Vegetable Spring Rolls **v**
 Greek Pizza or Cheese & Tomato Pizza **v**
 Potato Wedges, Sweetcorn

Friday

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

Carrot & Coriander **v GF**
 Breaded Chicken Bites **H** or Battered Fresh Haddock **GF Option**
 Tomato Sauce **GF v** or Egg Fried Rice **v GF**
 Panini
 Fries, Peas

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.