

THE INTERNATIONAL CAFÉ MENU
WEEK BEGINNING MONDAY, 25TH FEBRUARY 2019
Opening Hours: 7.30am - 3.30pm

Monday

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

Roast Red Pepper **v**
 Tandoori Chicken Breast **H** with Rice & Mint Raita or Herbed Steamed Salmon
 Tomato or Cheese Sauce **v**
 Tomato & Cheese **v** or Ham & Cheese Panini
 Steamed Potatoes, Green Vegetables & Carrots

Tuesday

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

Moroccan Chickpea & Five Bean **v GF**
 Cottage Pie **GF** or Homemade Thai Fish Cakes
 Tomato or Cheese Sauce **v**
 3 Cheese **v** or Meat Feast Pizza
 Mashed Potato, Carrots & Peas

Wednesday

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

Carrot & Ginger **v GF**
 Braised Stuffed Pork Shoulder or Macaroni Cheese **v**
 Tomato or Cheese Sauce **v**
 Cheese **v** or Ham & Cheese Toasty
 Potato Dauphinoise, Sweetcorn

Thursday

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

Pumpkin **v GF**
 Chicken Fajita **H** or Vegetable Fajita, Salsa & Cheese **v**
 Tomato or Cheese Sauce **v**
 Pizza
 Roast Potato Cubes, Roast Vegetables

Friday

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

Vegetable Broth **v**
 Breaded Chicken **H** or Battered Fresh Haddock (**GF** option)
 Tomato or Cheese Sauce **v**
 Cheese **v** or Meat Feast Panini
 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.