

**THE INTERNATIONAL CAFÉ MENU WEEK
BEGINNING MONDAY, 22ND MAY 2017**

Opening Hours: 7.30 am - 3.30 pm

Monday

Home Made Soup of the Day	Asparagus & Broccoli <small>v GF</small>
Chef's Special Dish of the Day	Beef Sausage Stew or Chunky Vegetable Curry <small>v GF</small>
Pasta/Rice Dish	Tomato <small>v</small> or Cheese Sauce <small>v</small>
Pizza or Panini	Tomato & Cheese <small>v</small> or Ham & Cheese Panini
Potato & Vegetable	Roast Potatoes, Carrots

Tuesday

Home Made Soup of the Day	Mushroom <small>v GF</small>
Chef's Special Dish of the Day	Creamy Chicken Stroganoff with Rice <small>H GF</small> or Steamed Salmon <small>GF</small>
Pasta/Rice Dish	Roasted Tomato <small>v</small> or Spinach Sauce <small>v</small>
Pizza or Panini	Cheese <small>v</small> or Pepperoni Pizza
Potato & Vegetable	Steamed Potatoes, Broccoli & Green Vegetables.

Wednesday

Home Made Soup of the Day	Tomato <small>v GF</small>
Chef's Special Dish of the Day	Stir Fry Beef Strips & Vegetables with Noodles <small>GF option</small>
Pasta/Rice Dish	Ratatouille <small>v</small> or Cheese Sauce
Pizza or Panini	Chicken Cajun <small>H</small> or Cheese & Onion <small>v</small> Wraps
Potato & Vegetable	Potato Wedges, Sweetcorn

Thursday

Home Made Soup of the Day	Broccoli & Stilton <small>v GF</small>
Chef's Special Dish of the Day	Steak & Onion Pie with Puff Pastry <small>GF option</small>
Pasta/Rice Dish	Four Cheese Sauce <small>v</small> or Classic Creamy Sausage Sauce.
Pizza or Panini	Pizza
Potato & Vegetable	Croquette Potatoes, Corn on the Cob

Friday

Home Made Soup of the Day	Red Lentil & Chickpea <small>v</small>
Chef's Special Dish of the Day	Breaded Chicken <small>H</small> or Battered Fresh Haddock <small>GF option</small>
Pasta/Rice Dish	Tomato Sauce <small>v</small> or Vegetable Paella <small>v GF</small>
Pizza or Panini	Cheese <small>v</small> or Mixed Meat & Cheese 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
--------------------	--	--------------

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.