

Lower School Menu & Upper School Menu *Week 47 48 49 50 - 2016*

| | Monday 21-Nov | Tuesday 22-Nov | Wednesday 23-Nov | Thursday 24-Nov | Friday 25-Nov |
|----------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| LS menu opt : 1 > | 🌱 steamed rice & broccoli chicken drum sticks | 🐷 Pork roasted potatoes & hot corn grilled German sausages | 🐔 Chicken mixed vega sticks pasta penne with Parma cheese & fresh made tomato basil sauce | 🌱 mashed potato & hot corn turkey with gravy&granberry sc cheese kroket (oven) | 🌱 steamed rice & peas vega spring roll vega schnitzel |
| opt : 2 > | spring roll ***** | egg omelet ***** | ***** | ***** | Meatless Menu on Friday's |
| Upper School | <i>pasta pesto</i> <i>potato gratin/chicken ratatouille</i> <i>vegetable soup</i> | <i>sushi bar</i> <i>pasta cabonara</i> <i>roasted pepper soup</i> | <i>panini bar</i> <i>rice with beef ketjap</i> <i>chicken noodle soup</i> | No students Conference Day <i>pumpkin soup</i> | No students Conference Day <i>mushroom soup</i> |
| LS menu opt : 1 > | 🌱 28-Nov mixed green salad spaghetti a la George | 🐷 29-Nov nachos with beef fresh salsa & hot corn | 🐔 30-Nov boiled potatoes & broccoli fish nuggets with relish spring roll | 🌱 01-Dec steamed rice & peas chicken pie spinach-feta pie | 🌱 02-Dec fresh made tomato soup grilled cheese tosti grilled cheese tosti |
| opt : 2 > | spaghetti tomato-basil sauce ***** | nachos with quorn ***** | ***** | ***** | Meatless Menu on Friday's |
| Upper School | <i>fried rice with chicken kebab</i> <i>vega kebabs</i> <i>mustard cream soup</i> | <i>fresh made tomato soup</i> <i>mixed salad with falafel</i> <i>& cous cous</i> | <i>panini bar</i> <i>French onion soup</i> <i>meatball with bread roll (beef)</i> | <i>hot chicken wrap</i> <i>pasta pesto</i> <i>farmer vegetable soup</i> | <i>potato bar with toppings</i> <i>penne Toscane</i> <i>soup of the day</i> |
| LS menu opt : 1 > | 🌱 05-Dec cous cous or rice chicken kebabs | 🐷 06-Dec mashed potato & hot corn beef stew | 🐔 07-Dec pumpkin soup fishburger with relisch vega burger | 🌱 08-Dec rice salad & corn hot dogs (pork/chicken) egg omelet | 🌱 09-Dec steamed broccoli macaroni cheese macaroni napolitana |
| opt : 2 > | grilled vegetables on a stick ***** | grilled cheese stick ***** | ***** | ***** | Meatless Menu on Friday's |
| Upper School | <i>wok of chicken/vega teriyaki</i> <i>farmers vegetable soup</i> | <i>sushi bar</i> <i>wok of chicken tandoori</i> <i>mushroom soup</i> | <i>panini bar</i> <i>vega burger with toppings</i> <i>onion soup</i> | <i>rice with beef/vega stroganoff</i> <i>roasted peper soup</i> | <i>potato bar with toppings</i> <i>soup of the day</i> <i>fresh made pie with chef' salad</i> |
| LS menu opt : 1 > | 🐷 12-Dec roasted potatoes & corn grilled German sausages | 🐔 13-Dec steamed rice & peas fish steak with relisch vega schnitzel | 🌱 14-Dec mixed green salad fusilli Bolognese fusili tomato-basil sauce | 🌱 15-Dec hash browns & cherry tomatoes hamburger (beef) vega burger | 🌱 16-Dec vega sticks cheese pizza cheese pizza |
| opt : 2 > | cheese croquet ***** | ***** | ***** | ***** | Meatless Menu on Friday's |
| Upper School | <i>fusilli funghi (vega)</i> <i>farmer vegetable soup</i> | <i>sushi bar</i> <i>pita falafel with toppings</i> <i>creamy mustard soup</i> | <i>panini bar</i> <i>Mecicaan beef or vega wrap</i> <i>ratatouille soup</i> | <i>sushi bar</i> <i>bami with chicken</i> <i>pumpkin soup</i> | <i>potato bar with toppings</i> <i>pizza's</i> <i>soup of the day</i> |
| | 🌱 Vegetable Menu | 🐷 Beef Menu | 🐷 Pork Menu | 🐔 Chicken Menu | 🌱 Fish Menu |
| | | | | | 🍷 Gluten free or option Menu |

For Lower School lunch menu's vega sticks, fresh fruit or lowfat fruityoghurts and a drink are included, or instead of a hot main dish a soft whole wheat sandwich with (cheese, chicken, ham or salami) available.