

Lower School Menu & Upper School Menu

Week 2 3 4 5 -2017

	Monday 09-Jan	Tuesday 10-Jan	Wednesday 11-Jan	Thursday 12-Jan	Friday 13-Jan
LS menu opt : 1 >	In-Service Day	steamed broccoli pasta penne Bolognese tomato basil sauce	steamed rice & hot carrots fish steak with remoulade saus grilled vegetables on stick	roasted potato & hot corn grilled chicken drum stick cheese kroket (oven)	steamed rice & peas vega spring roll vega schnitzel
opt : 2 >		*****			
Upper School		<i>potato gratin-chicken ratatouille pasta penne Bolognese or Vega vegetable soup</i>	<i>panini bar rice with beef ketjap Dutch pea soup vega or meat</i>	<i>pasta pesto & parma cheese chicken schnitzel pumpkin soup</i>	<i>Meatless Menu on Friday's potato bar with toppings fusilli toscani & garliq bread soup of the day</i>
LS menu opt : 1 >	16-Jan mixed green salad spaghetti a la George spaghetti tomato-basil sauce	17-Jan nachos with beef fresh salsa/cheddar & hot corn nachos with quorn	18-Jan boiled potatoes & broccoli fish nuggets with relish spring roll	19-Jan steamed rice & peas grilled chicken filet vega quiche	20-Jan In-Service Day
opt : 2 >	*****				
Upper School	<i>fried rice with chicken kebab vega kebabs mustard cream soup</i>	<i>fresh made tomato soup mixed salad with falafel & cous cous</i>	<i>panini bar French onion soup doner chicken & toppings</i>	<i>hot chicken wrap pasta pesto & parma cheese farmer vegetable soup</i>	<i>no school for students</i>
LS menu opt : 1 >	23-Jan fried rice & broccoli chicken kebabs	24-Jan mashed potato & hot corn beef stew	25-Jan chicken or pumpkin soup fishburger with relisch vega burger	26-Jan potato quiche & beans in tom sc. grilled sausages (pork/chicken) egg omelet	27-Jan steamed broccoli macaroni cheese macaroni napolitana
opt : 2 >	*****				
Upper School	<i>wok of chicken/vega teriyaki farmers vegetable soup</i>	<i>sushi bar wok of chicken tandoori mushroom soup</i>	<i>panini bar vega/fish burger with toppings pumpkin soup</i>	<i>rice with beef/vega stroganoff roasted peper soup</i>	<i>Meatless Menu on Friday's potato bar with toppings soup of the day Mexican quorn wrap & salad</i>
LS menu opt : 1 >	30-Jan mixed green salad fusilli Bolognese	31-Jan steamed rice & peas fish steak with relisch vega schnitzel	01-Feb tomato soup grilled cheese rolls vega quiche	02-Feb hash browns & cherry tomatoes chicken burger vega burger	03-Feb vega sticks cheese pizza cheese pizza
opt : 2 >	*****				
Upper School	<i>fusilli funghi (vega) farmer vegetable soup</i>	<i>sushi bar pita falafel with toppings creamy mustard soup</i>	<i>panini bar Meciaan beef or vega wrap ratatouille soup</i>	<i>doner chicken & toppings pasta pesto & parma cheese Dutch pea soup vega or meat</i>	<i>Meatless Menu on Friday's potato bar with toppings pizza's soup of the day</i>

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.