

**Lower School Menu & Upper School Menu**

**Week 6 7 8 9 -2017**

	Monday	Tuesday	Wednesday	Thursday	Friday
LS menu opt : 1 >	<b>06-Feb</b> wild rice & peas <b>beef stew</b>	<b>07-Feb</b> broccoli macaroni cheese	<b>08-Feb</b> mashed potato & green beans sausages (pork/chicken)	<b>09-Feb</b> roasted potato & hot corn grilled chicken drum stick	<b>10-Feb</b> tomato soup grilled cheese rolls
opt : 2 >	grilled vegetables on stick	macaroni with tomato-basil sauce	vega burger	cheese kroket ( oven)	vega quiche
Upper School	<i>cous cous with grilled vegetables &amp; grilled chicken kebabs mushroom soup</i>	<i>potato gratin-chicken ratatouille macaroni cheese vegetable soup</i>	<i>panini bar rice with beef stroganoff creamy leak soup</i>	<i>pasta pesto &amp; parma cheese doner chicken &amp; toppings pumpkin soup</i>	<i>Meatless Menu on Friday's potato bar with toppings fusili toscani &amp; garliq bread soup of the day</i>
LS menu opt : 1 >	<b>13-Feb</b> mixed green salad spaghetti a la George	<b>14-Feb</b> nachos with beef fresh salsa/cheddar & hot corn	<b>15-Feb</b> wild rice & hot carrots steamed white fish	<b>16-Feb</b> potato quiche & peas grilled chicken filet	<b>17-Feb</b> Dutch pancake with strawberries & blueberries
opt : 2 >	spaghetti tomato-basil sauce	nachos with quorn	spring roll	egg omelet	Dutch pancake
Upper School	<i>fried rice with chicken kebab vega kebabs Chinese tomato soup</i>	<i>fresh made tomato soup mixed salad with falafel &amp; cous cous</i>	<i>panini bar French onion soup doner chicken &amp; toppings</i>	<i>hot chicken wrap pasta pesto &amp; parma cheese farmer vegetable soup</i>	<i>Meatless Menu on Friday's potato bar with toppings vega burger with toppings soup of the day</i>
LS menu opt : 1 >	<b>20-Feb</b>	<b>21-Feb</b>	<b>22-Feb</b>	<b>23-Feb</b>	<b>24-Feb</b>
opt : 2 >	<i>closed crocus break</i>	<i>closed crocus break</i>	<i>closed crocus break</i>	<i>closed crocus break</i>	<i>closed crocus break</i>
Upper School					
LS menu opt : 1 >	<b>27-Feb</b> mixed green salad fusilli Bolognese	<b>28-Feb</b> chicken noodle soup hot dogs (pork/chicken)	<b>01-Mar</b> pickle salad cottage pie with gravy	<b>02-Mar</b> roasted potatoes & peas chicken schnitzel & apple sauce	<b>03-Mar</b> vega sticks cheese pizza
opt : 2 >	fusili tomato-basil sauce	cheese tosti	vega pie	vega burger	cheese pizza
Upper School	<i>wok of chicken ketjap mushroom soup meatbal with bread</i>	<i>sushi bar pita falafel with toppings creamy mustard soup</i>	<i>panini bar crunchy chicken wrap tomato soup</i>	<i>doner chicken &amp; toppings pasta pesto &amp; 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.**