

Lower School Menu & Upper School Menu

Week 10 11 12 13 -2017

	Monday 06-Mar	Tuesday 07-Mar	Wednesday 08-Mar	Thursday 09-Mar	Friday 10-Mar
LS menu opt : 1 >	fried rice & broccoli grilled chicken kebabs	cherrie tomatoes pasta penne tomato-basil sauce	mashed potato & green beans sausages (pork/chicken)	roasted potato & hot corn grilled chicken drum stick	tomato soup grilled cheese rolls
opt : 2 >	grilled vegetables on stick	pasta penne cheese sauce	vega burger	cheese kroket (oven)	vega quiche
Upper School	<i>fried rice & chicken Teriyaki pasta Napolitana (vega) 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 & parma cheese doner chicken & toppings nachos bar (new!) pumkinsoup</i>	<i>Meatless Menu on Friday's potato bar with toppings fusili toscani & garliq bread soup of the day</i>
LS menu opt : 1 >	13-Mar mixed green salad spaghetti a la George	14-Mar nachos with beef fresh salsa/cheddar & hot corn	15-Mar wild rice & peas steak pie	16-Mar potato quiche & peas grilled chicken filet	17-Mar broccoli macaroni cheese
opt : 2 >	spaghetti tomato-basil sauce	nachos with quorn	spring roll	egg omelet	macaroni with tomato-basil sauce
Upper School	<i>fried rice with chicken kebab vega kebabs Chinese tomato soup</i>	<i>fresh made tomato soup mixed salad with falafel sushi bar</i>	<i>panini bar French onion soup doner chicken & toppings</i>	<i>nachos bar (new!) pasta pesto & 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 >	20-Mar torellini ricotta with tomato-basil sauce	21-Mar soft tortilla wrap with crunchy chicken & salad	22-Mar steamed rice & hot carrots fish nuggets with herbes sauce	23-Mar hash browns hamburger with topping	24-Mar <u>Lower School Conferences</u> <u>(No School)</u>
opt : 2 >	grilled cheese panini	wrap with cheese & mushrooms	cheese soufflee	vega burger with topping	
Upper School	<i>roasted potatoes & mixed salad chicken/vega schnitzel roasted bell pepper soup</i>	<i>sushi bar wok of chicken sweet & sour creamy spinach soup</i>	<i>panini bar rice with chicken tandoori tomato soup</i>	<i>nachos bar (new!) vega lasagna broccoli cream soup</i>	<i>Meatless Menu on Friday's potato bar with toppings pita falafel with toppings soup of the day</i>
LS menu opt : 1 >	27-Mar <u>Lower School Conferences</u> <u>(No School)</u>	28-Mar chicken noodle soup hot dogs (pork/chicken)	29-Mar steamed rice & peas chicken pie	30-Mar roasted potatoes & peas chicken schnitzel & apple sauce	31-Mar Dutch pancake with strawberries & blueberries
opt : 2 >		cheese tosti	spinach-feta pie	vega burger	Dutch pancake
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 pie's with chef's salad tomato soup</i>	<i>doner chicken & toppings pasta pesto / vegetable soup nachos bar (new!)</i>	<i>Meatless Menu on Friday's potato bar with toppings pizza's soup of the day</i>

****New** for Middle&Upper School (try out on Thursday's) Nachos Salad Bar : make your own fresh Nachos with, with options like : fresh chopped salad&toppings,chicken,beef,quacomole,jalepenos,salsa&cheddar sauce,sour cream**