

Lower School Menu & Upper School Menu

Week 14 15 16 17 -2017

	Monday	Tuesday	Wednesday	Thursday	Friday
LS menu opt : 1 >	03-Apr mixed green salad spaghetti a la George	04-Apr mashed potato & broccoli meatball (beef) with gravy	05-Apr potato gratin & peas grilled German sausages	06-Apr mie noodles & hot corn grilled chicken drum stick	07-Apr tomato soup cheesy tortilla wrap
opt : 2 >	spaghetti tomato-basil sauce	grilled vegetables on stick	vega burger	cheese kroket (oven)	vega burger
Upper School	<i>fried rice with chicken kebab vega kebabs Chinese tomato soup</i>	<i>rice & chicken Teriyaki pasta Napolitana (vega) mushroom soup</i>	<i>panini bar cottage or vega pie with pickle sal. creamy broccoli 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 >	10-Apr steamed rice & hot carrots fish schnitzel with fresh lemon	11-Apr potato quiche & peas grilled chicken filet	12-Apr Greek salad & potato wedges chicken giros with tatziki	13-Apr vegetable sticks cheese pizza	14-Apr Closed Spring Break
opt : 2 >	vega schnitzel	egg omelet	spring roll	cheese pizza	
Upper School	<i>Mexicaan chicken wrap pasta pesto asparagus soup</i>	<i>fresh made tomato soup mixed salad with falafel sushi bar</i>	<i>panini bar French onion soup pita chicken giros & salad</i>	<i>German sausages with roll pasta pesto & parma cheese farmer vegetable soup</i>	
LS menu opt : 1 >	17-Apr Closed Spring Break	18-Apr Closed Spring Break	19-Apr Closed Spring Break	20-Apr Closed Spring Break	21-Apr Closed Spring Break
opt : 2 >					
Upper School					
LS menu opt : 1 >	24-Apr steamed rice chili con carne (mild)	25-Apr hash brown's & corn hot dogs (pork or chicken)	26-Apr soft tortilla wrap with crunchy chicken & salad	27-Apr Closed National Holiday	28-Apr tortellini ricotta with tomato-basil sauce
opt : 2 >	vega chili	spring roll	cheesy tortilla wrap		grilled cheese panini
Upper School	<i>pasta pesto chili con carne (mild) roasted bell pepper soup</i>	<i>sushi bar pita falafel with toppings creamy mustard soup</i>	<i>panini bar crunchy chicken wrap tomato soup</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**