

Lower School Menu & Upper School Menu

Week 18 19 20 21 -2017

	Monday	Tuesday	Wednesday	Thursday	Friday
LS menu	01-May fried rice & broccoli grilled chicken kebabs	02-May cherrie tomatoes pasta penne tomato-basil sauce	03-May mashed potato & green beans sausages (pork/chicken)	04-May roasted potato & hot corn grilled chicken drum stick	05-May tomato soup grilled cheese rolls
opt : 1 >	grilled vegetables on stick	pasta penne cheese sauce	vega burger	cheese kroket (oven)	vega quiche
opt : 2 >	*****	*****	*****	*****	*****
Upper School	<i>fried rice & chicken Teriyaki</i> <i>pasta Napolitana (vega)</i> <i>mushroom soup</i>	<i>potato gratin-chicken ratatouille</i> <i>macaroni cheese</i> <i>vegetable soup</i>	<i>panini bar</i> <i>rice with beef stroganoff</i> <i>Chinese tomato soup</i>	<i>pasta pesto & parma cheese</i> <i>doner chicken & toppings</i> <i>nachos bar</i>	<i>Meatless Menu on Friday's</i> <i>potato bar with toppings</i> <i>fusili toscani & garliq bread</i> <i>soup of the day</i>
LS menu	08-May mixed green salad spaghetti a la George	09-May nachos with beef fresh salsa/cheddar & hot corn	10-May steamed rice & peas grilled fish steak with lemon slices	11-May potato quiche & peas grilled chicken filet	12-May broccoli macaroni cheese
opt : 1 >	spaghetti tomato-basil sauce	nachos with quorn	spring roll	egg omelet	macaroni with tomato-basil sauce
opt : 2 >	*****	*****	*****	*****	*****
Upper School	<i>fried rice with chicken kebab</i> <i>vega kebabs</i> <i>Chinese tomato soup</i>	<i>fresh made tomato soup</i> <i>mixed salad with falafel</i>	<i>panini bar</i> <i>French onion soup</i> <i>doner chicken & toppings</i>	<i>nachos bar</i> <i>pasta pesto & parma cheese</i> <i>farmer vegetable soup</i>	<i>Meatless Menu on Friday's</i> <i>potato bar with toppings</i> <i>vega burger with toppings</i> <i>soup of the day</i>
LS menu	15-May torellini ricotta with tomato-basil sauce	16-May soft tortilla wrap with crunchy chicken & salad	17-May steamed rice & hot carrots fish nuggets with herbes sauce	18-May hash browns hamburger with topping	19-May vegetables sticks mix cheese pizza
opt : 1 >	grilled cheese panini	wrap with cheese	cheese souffle	vega burger with topping	
opt : 2 >	*****	*****	*****	*****	*****
Upper School	<i>roasted potatoes & mixed salad</i> <i>chicken/vega schnitzel</i> <i>roasted bell pepper soup</i>	<i>wok of chicken sweet & sour</i> <i>creamy spinach soup</i>	<i>panini bar</i> <i>rice with chicken tandoori</i> <i>tomato soup</i>	<i>nachos bar</i> <i>vega lasagna</i> <i>broccoli cream soup</i>	<i>Meatless Menu on Friday's</i> <i>potato bar with toppings</i> <i>pizza</i> <i>soup of the day</i>
LS menu	22-May vegetables sticks mix pasta fusili Bolgnese	23-May chicken noodle soup hot dogs (pork/chicken)	24-May	25-May	26-May
opt : 1 >	pasta fusili with tomato sauce	cheese tosti			
opt : 2 >	*****	*****			
Upper School	<i>wok of chicken ketjap</i> <i>mushroom soup</i> <i>meatbal with bread</i>	<i>pita falafel with toppings</i> <i>creamy mustard soup</i>	Closed In-Service-Day	Closed National Holiday	Closed School Holiday