

Lower School Menu & Upper School Menu

Week 22 23 24 25 -2017

	Monday	Tuesday	Wednesday	Thursday	Friday
LS menu	29-May	30-May	31-May	01-Jun	02-Jun
opt : 1 >	mixed green salad spaghetti a la George	mashed potato & broccoli meatball (beef) with gravy	potato gratin & peas grilled German sausages	steamed rice & hot corn grilled chicken drum stick	tomato soup cheesy tortilla wrap
opt : 2 >	spaghetti tomato-basil sauce	grilled vegetables on stick	vega burger	cheese kroket (oven)	vega burger
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Upper School	<i>fried rice with chicken kebab</i> <i>vega kebabs</i> <i>Chinese tomato soup</i>	<i>rice & chicken Teriyaki</i> <i>pasta Napolitana (vega)</i> <i>mushroom soup</i>	<i>panini bar</i> <i>cottage or vega pie with pickle sal.</i> <i>creamy broccoli 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 & Parma cheese</i> <i>soup of the day</i>
LS menu	05-Jun	06-Jun	07-Jun	08-Jun	09-Jun
opt : 1 >		fried rice & peas grilled chicken filet	Greek salad & potato wedges chicken giros with tatziki	cooked potatoes & corn grilled German sausages	<i>Dutch pancake with fresh</i> <i>strawberry's or blueberry's</i>
opt : 2 >	closed National Holiday	egg omelet	spring roll	egg omelet	*****
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Upper School		<i>fresh made tomato soup</i> <i>mixed salad with falafel</i> <i>rice with chicken ketjap</i>	<i>panini bar</i> <i>French onion soup</i> <i>pita chicken giros & salad</i>	<i>German sausages with roll</i> <i>pasta pesto & parma cheese</i> <i>farmer vegetable soup</i>	<i>Meatless Menu on Friday's</i> <i>vega wrap with advocado</i> <i>pizza</i> <i>soup of the day</i>
LS menu	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun
opt : 1 >	broccoli macaroni with cheese	potato salad & corn chicken burger	tomato soup grilled cheese rolls	mashed potato & carrots fish nuggets with herbes sauce	vegetable sticks cheese pizza
opt : 2 >	macaroni with tomato sauce	vega burger	roll with egg omelet	spring roll	cheese pizza
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Upper School	<i>mushroom soup</i> <i>rice with chicken Hawaii</i> <i>vega schnitzel with salad</i>	<i>broccoli cream soup</i> <i>chickenburger with toppings</i> <i>bami noodle dish with chicken</i>	<i>panini bar</i> <i>roasted potatoes with</i> <i>chicken or vega schnitzel & salad</i>	<i>French onion soup</i> <i>tortellini ricotta & chef's salad</i> <i>nachos bar</i>	<i>Meatless Menu on Friday's</i> <i>potato bar with toppings</i> <i>pita falafel with toppings</i> <i>soup of the day</i>
LS menu	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun
opt : 1 >	steamed rice chicken curry	pasta penne Bolognese with Parma cheese	soft tortilla wrap with crunchy chicken & salad	hash brown's & corn salad hot dogs (pork or chicken)	closed
opt : 2 >	vega curry	pasta penne tomato-basil sauce	cheesy tortilla wrap	vega sauseges	Summer Break
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Upper School	<i>pasta pesto</i> <i>chicken curry</i> <i>roasted bell pepper soup</i>	<i>pie's meat & vega with</i> <i>chef's salad</i> <i>creamy mustard soup</i>	<i>panini bar</i> <i>pasta cabonara</i>		