

Lower School Menu & Upper School Menu

Week 34 35 36 37 -2017

	Monday 21-Aug	Tuesday 22-Aug	Wednesday 23-Aug	Thursday 24-Aug	Friday 25-Aug
LS menu opt : 1 >				roasted potato & hot corn grilled chicken drum stick cheese kroket (oven)	steamed rice & peas vega spring roll vega schnitzel
opt : 2 >				***** <i>pasta pesto & parma cheese chicken or vega schnitzel mushroom soup</i>	<i>Meatless Menu on Friday's potato bar with toppings fusilli toscani soup of the day</i>
Upper School					
LS menu opt : 1 >	28-Aug mixed green salad spaghetti a la George	29-Aug nachos with beef fresh salsa/cheddar & hot corn	30-Aug boiled potatoes & broccoli fish nuggets with relish	31-Aug steamed rice & peas grilled chicken filet	01-Sep tomato soup grilled cheese rolls
opt : 2 >	spaghetti tomato-basil sauce ***** <i>fried rice with chicken kebab vega kebabs mustard cream soup</i>	nachos with quorn ***** <i>fresh made tomato soup sushi bar wok of chicken ketjap</i>	spring roll ***** <i>panini bar French onion soup doner chicken & toppings</i>	cheese kroket (oven) ***** <i>hot chicken wrap pasta pesto & parma cheese farmer vegetable soup</i>	***** <i>potato bar with toppings pita falafel with toppings soup of the day</i>
Upper School					
LS menu opt : 1 >	04-Sep fried rice & broccoli chicken kebabs	05-Sep mashed potato & hot corn meatball (beef)	06-Sep steamed rice & carrots fish steak with lemon slices	07-Sep grilled potatoes/beans in tom sc. grilled sausages (pork/chicken)	08-Sep steamed broccoli macaroni cheese
opt : 2 >	grilled vegetables on a stick ***** <i>wok of chicken/vega teriyaki farmers vegetable soup</i>	grilled cheese stick ***** <i>sushi bar mushroom soup</i>	vega burger ***** <i>panini bar vega/fish burger with toppings</i>	egg omelet ***** <i>rice with beef/vega stroganoff roasted peper soup</i>	macaroni napolitana ***** <i>Meatless Menu on Friday's potato bar with toppings soup of the day Mexican quorn wrap & salad</i>
Upper School					
LS menu opt : 1 >	11-Sep mixed green salad fusilli Bolognese	12-Sep steamed rice & peas crunchy chicken strips	13-Sep creamy pumpkin soup grilled cheese rolls	14-Sep hash browns & cherry tomatoes fishburger	15-Sep vega sticks cheese pizza
opt : 2 >	fusilli tomato-basil sauce ***** <i>fusilli funghi (vega) farmer vegetable soup</i>	vega schnitzel ***** <i>sushi bar pita falafel with toppings creamy mustard soup</i>	vega quiche ***** <i>panini bar Mecicaan beef or vega wrap ratatouille soup</i>	vega burger ***** <i>doner chicken & toppings pasta pesto & parma cheese vegetable soup</i>	***** <i>Meatless Menu on Friday's potato bar with toppings pizza's soup of the day</i>
Upper School					

For Lower School lunch menu: vega sticks, fresh fruit or low-fat fruit yoghurts and a drink are included, or instead of a hot main dish a soft whole wheat sandwich with (cheese, chicken, ham or salami) is available.