

Menu August, September Secondary

 =Pork  =Milk  =Chicken  =Fish  =Beef  =Vegetarian

Egg = 1
Gluten = 2
Lupin = 3
Milk(lactose) = 4
Mustard = 5
Nuts = 6
Peanuts = 7

Crustaceans = 8
Celery = 9
Sesame = 10
Soya = 11
Fish = 12
Mollusks = 13
Sulphites = 14



Always inform the chef if you have a (severe) allergy.

Monday 21-8

Tuesday 22-8

Wednesday 23-8 (Canteen is closed. Students finish early.)

Thursday 24-8

Tartiflette with bacon, potatoes, onion, bell pepper, leek, carrot, cream and cheese.

Contains: 1, 2, 3, 4, 14

Friday 25-8

Chicken teriyaki with rice, carrot, cabbage, Bok choy, bell pepper, spring onion and fried onion.

Contains: 14 (May contains: 3, 11)

Monday 28-8

Pasta with chicken, pesto, bell pepper, mushrooms, onion and garlic. Served with green salad

Contains: 2, 4, 14 (May contains: 9)

Tuesday 29-8

Meatball with potatoes, carrots and peas.

Contains: 1, 2, 3, 14

Wednesday 30-8

Pita Gyros with bell pepper, onion and garlic sauce. Served with Greek salad.

Contains: 2, 3, 4, 14

Thursday 31-8

Couscous with falafel, tomato, onion, parsley, cumin, bell pepper and yoghurt dressing.

Contains: 2, 3, 4, 14

Friday 1-9

Fried cod fish with potato cubes and green beans.

Contains: 2, 4, 12, 14 (May contains: 3)

**We always make sure that there is a replacement for beef, pork or fish and a vegetarian option.
Changes to the menu can occur.**

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Monday 4-9

Pasta with salmon, red onion, zucchini, leek, cream, dill and garlic.
Contains: 2, 3, 4, 14

Tuesday 5-9

Chili con carne with minced meat, kidney beans, corn, bell pepper, onion and rice.
Contains: 14 (May contains: 3)

Wednesday 6-9

Bulgur with tomato, cucumber, parsley, mint, red onion and chickpeas.
Contains: 2, 14 (May contains: 3)

Thursday 7-9

Risotto with chicken, onion, garlic, butter, cheese, peas, carrot and leek.
Contains: 4, 14

Friday 8-9

Pork chop with roasted vegetables (bell pepper, onion, zucchini, carrot, eggplant) and pomme duchesse.
Contains: 3, 4, 14

Monday 11-9

Pasta Funghi. Pasta with mushrooms, onion, garlic, leek, parmesan, truffle and cream.
Contains: 2, 3, 4, 14

Tuesday 12-9

Chicken schnitzel with potato gratin, peas, leek, carrot, zucchini, red onion, cream, egg and cheese.
Contains: 1, 2, 3, 4, 14

Wednesday 13-9

Shepherd's pie with minced meat, mashed potatoes, onion, bell pepper, carrot, black olives, tomato sauce, cheese and garlic.
May contains: 1, 4, 14

Thursday 14-9

Red Thai curry with gambas. Rice, gambas, white cabbage, carrot, broccoli, bean sprouts, shiitake, coriander, ginger, lemon grass and coconut milk.
Contains: 8, 12, 14

Friday 15-9

Beef stew with mashed potatoes and red cabbage.
Contains: 4, 14

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Monday 18-9 School closed for teacher in-service day

Tuesday 19-9 School closed

Wednesday 20-9  

Chicken wings with potato croquettes and cauliflower

Contains: 2, 3, 4, 14

Thursday 21-9 

Paella with rice, fruit de Mer, turmeric, bell pepper, peas, onion, parsley and garlic.

Contains: 8, 13, 12, 14

Friday 22-9 

Wraps with minced meat, corn, bell pepper, red onion, leek and served with a salad.

Contains: 2, 3, 14

Monday 25-9  

Pasta alla Norma, eggplant, ricotta and tomato sauce.

Contains: 2, 3, 4, 14

Tuesday 26-9  

Nasi with chicken, leek, onion, white cabbage, peas, bean sprouts, coriander, curcuma, cumin, ginger and garlic. Served with prawn crackers and fried onions.

Contains: 8, 12 (May contains: 14)

Wednesday 27-9  

Quiche with bacon, egg, cream, peas, carrot, zucchini and cheese.

Contains: 1, 2, 4, 14 (May contains: 3)

Thursday 28-9  

Fried cod fish with rösti potato, broccoli and ravigotte sauce.

Contains: 2, 3, 12, 14

Friday 29-9   

Meatball with mashed potatoes and green beans.

Contains: 1, 2, 3, 4, 14

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