

DINING ROOM MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Butternut & Sweet Potato GF	Carrot & Coriander GF	Vegetable Cream	Chicken Noodle GF	Portuguese Soup GF
INTERNATIONAL	Beef Massaman Curry GF	Chicken BBQ Sauce GF	Braised Duck Rice GF	Kung Pao Chicken GF	Roast Turkey Orange & Peppers Sauce GF
MAIN	Sea Bass Escabeche	Fish Fingers GF	Gratin Hake/ Spinach GF	Sweet & Sour sea Bass GF	Hake Fillets & Herbs GF
VEGGIE	Mediterranean Vegetable Pasta With Cheese	Goan Style Vegetarian Curry	Mediterranean Stuffed Peppers GF	Mediterranean Veg. Frittata	Leek á “Brás”
SIDES	Steamed Rice Peppers & Tomato Cauliflower Braised red Cabbage	Spaghetti and Herbs Green Bean Tomato & Mozzarella Brilliant Broccoli Roast Pumpkin Potato, Carrot and Olive	Roast Potatoes Sauteed Corn Couscous Pumpkin Sauteed Corn Couscous	Steamed Rice Coleslaw Brilliant Broccoli Pan bao Roast Vegetable	Steamed Rice Coleslaw Fresh Orange Salad Roast Carrots
DESSERT	Fruit mousse	Mixed fruit jelly	Oreo Mousse	Coconut cake	Maria biscuit cream

Selection of salad, fruit & yogurt available daily
For allergen information please ask a member of the team.



Be part of our community by showing our four ideals TRUTH, CULTURE, KNOWLEDGE and WISDOM in all areas of our school.

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MIXED SALADS	Feta & cucumber Potato salad	Roast vegetable quinoa Mediterranean Greek Salad	Basil pesto pasta Rainbow slaw	Mushroom & herb couscous Oriental noodle salad	Garden salad with roast peppers & olives Watermelon, Cucumber & Mint Salad
RAW SALADS	Mixed leaves Sweetcorn Cucumber Carrot Tomato	Mixed leaves Sweetcorn Cucumber Carrot Tomato	Mixed leaves Sweetcorn Cucumber Carrot Tomato	Mixed leaves Sweetcorn Cucumber Carrot Tomato	Mixed leaves Sweetcorn Cucumber Carrot Tomato
PROTEIN	Cheddar Cheese	Crispy bacon bits	Boiled eggs	Diced feta	Diced Edam w/ Black Olives

*Complimented by Olive oil, balsamic, Caesar dressing, herb & garlic yogurt, French dressing & croutons/Dried fruits
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SNACK MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Pear	Apple	Tangerine	Banana	Mixed Whole Fruits
AFTERNOON SNACK	Ham & Cheese Roll	Fruits Loaf	Ham & Cheese Roll	Pizza	Fruit Cake

*All our cakes are low in salt, fat & sugar!

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