



# Swans International School - Academic Year 2024-2025 - Autumn Term

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			ALLERGENS		
30 Sep			1 Oct			4 Sept	2 Oct		5 Sept	3 Oct		6 Sept	4 Oct				
Asparagus, onion, leek and potato soup. Chicken and turkey Carbonara(1,2) Baked macaroni and cheese(1,2,3,11,9) Sautéed mushroom with courgette and red pepper.Mediterranean salad (rocket, lettuce, tomato, cucumber, feta cheese, carrot and tuna (2,4)) Fruit.			Chicken noodle soup with celery and carrot (1,10,3,11,9) Roast pork and gravy. Roast potatoes. Broccoli and cauliflower cheese bake (2) Spinach frittata (3) Valencian salad (iceberg, tomato, cucumber, carrot, onion and olives) Fruit.			Leek, onion, celery and potato soup (10) Bolognese Pasta/Mushroom, carrot and celery Bolognese (1,3,11,9,10) Pasta with cheese sauce (1,2,3,11,9,10) Sautéed mushroom with courgette and red pepper.Greek salad (tomato, cucumber, onion, olives and feta cheese(2)) Yogurt (2) Fruit			Tomato, celery, onion and potato soup (10) Tuna/chicken wraps (1,4) Boiled corn on the cob. Spring salad (iceberg, carrot, avocado and sweet corn) Fruit.			Leek, onion, celery and potato soup (10) Turkey meatballs with tomato sauce. Baked courgette, carrot, lentils and potato balls (3) Rice. Sautéed courgette, carrots and green beans. Mixed salad (green and red lettuce, cherry tomatoes, cucumber and sweet corn) Homemade ice cream and pancakes (1,2,3) Fruit.			<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;"> <b>1. GLUTEN</b></div> <div style="text-align: center;"> <b>2. MILK</b></div> <div style="text-align: center;"> <b>3. EGGS</b></div> <div style="text-align: center;"> <b>4. FISH</b></div> <div style="text-align: center;"> <b>5. SHELLFISH</b></div> <div style="text-align: center;"> <b>6. CRUSTACEAN</b></div> <div style="text-align: center;"> <b>7. NUT</b></div> <div style="text-align: center;"> <b>8. PEANUT</b></div> <div style="text-align: center;"> <b>9. SOY</b></div> <div style="text-align: center;"> <b>10. CELERY</b></div> <div style="text-align: center;"> <b>11.MUSTARD</b></div> <div style="text-align: center;"> <b>12. LUPIN</b></div> <div style="text-align: center;"> <b>13.SESAME</b></div> <div style="text-align: center;"> <b>14.SULFATES</b></div> </div>		
9 Sept	7 Oct		10 Sept	8 Oct		11 Sept	9 Oct		12 Sept	10 Oct		13 Sept	11 Oct				
Pea, onion, celery and potato soup (10) Chicken curry (2)/Vegetarian curry (onion, courgette, carrot and cabbage)(2) Rice. Glazed carrots. Valencian salad (iceberg, tomato, cucumber, carrot, onion and olives) Fruit.			Roasted red pepper, onion, potato and squash soup. Fusilli turkey Carbonara/cheese sauce (1,2,3,11,9) Sautéed carrot, courgette and red pepper. Spinach salad (spinach, cherry tomatoes, cucumber and carrots) Fruit.			Carrot, courgette, leek and potato soup. Baked breaded rosada fish (1,4) Roasted potatoes. Sautéed peas and corn. Garlic bread (1) Baked chickpeas. Valencian salad (iceberg, tomato, cucumber, onion and olives) Yogurt (2) Fruit.			Leek, onion, celery and potato soup (10) Homemade beef burger. Quinoa burger (9,1) Potato wedges. Courgette, aubergine, potato and tomato bake with cheese (2) Honey glazed green beans and carrots. Spring salad (iceberg, carrots, avocado and sweet corn) Fruit.			Sweet corn, haddock, leek, celery and potato soup (4,10,2) Couscous with chicken, courgette, carrot, celery, squash and spices (1,9,11,10) Spinach salad (spinach, cherry tomatoes, cucumber and carrot) Carrot cake (1,2,3) Fruit.					
16 Sept	14 Oct		17 Sept	15 Oct		18 Sept	16 Oct		19 Sept	17 Oct		20 Sept	18 Oct				
Broccoli, onion, celery and potato soup (10) Chicken paella with asparagus (3,10) Mushroom risotto with peas (2,10) Fried squid (5) Sautéed peas and corn. Romaine salad (lettuce, tomato, cucumber, onion) Fruit salad (watermelon, pineapple and melon) Fruit.			Chicken noodle soup with celery and carrots (1,3,9,10,11) Tuna and tomato puff pastry (4,2,10,1,3,13,7) Courgette, aubergine, tomato and potato bake with cheese (2) Roast potatoes. Sautéed green cabbage and red pepper. Mediterranean salad (rocket, lettuce, tomato, cucumber, feta cheese, carrots and tuna (2,4)) Fruit.			Courgette, leek, celery and potato soup (10) Chicken legs with barbeque sauce. Rice with tomato sauce. Quinoa (9) Broccoli mousse. Greek salad (tomato, cucumber, onion, olives and feta cheese (2)) Yogurt (2) Fruit.			Sweet corn, haddock, leek, celery and potato soup (4,10,2) Turkey and cheese pizza (1,2,9,3,10,4,11,14) Margherita pizza (1,2,9,3,10,4,11,14) Boiled string beans. Mediterranean salad (rocket, lettuce, tomato, cucumber, feta cheese, carrot and tuna (2,4)) Fruit.			Asparagus, onion, leek and potato soup. Baked pesto salmon (4) Baked potatoes. Steamed broccoli. Quinoa (9) Spring salad (iceberg, carrots, avocado and sweet corn) Apple crumble and custard (1,2,3,9) Fruit.					
23 Sept	21 Oct		24 Sept	22 Oct		25 Sept	23 Oct		26 Sept	24 Oct		27 Sept	25 Oct				
Fish hake noodle soup (1,2,3,4,9,10,11) Beef meatballs with tomato sauce. Roast potatoes. Baked courgette, carrot, lentils and potato balls (3) Sautéed green beans. Mixed salad (iceberg, tomato, cucumber, carrots and sweet corn) Fruit.			<i>Vegetarian Day</i> Tomato, celery, onion and potato soup (10) Tagliatelle with pesto (1,3,9,11) Baked pasta with béchamel and cheese (1,3,10,11,9) Sautéed mushroom, courgette and red pepper. Mixed salad (green and red lettuce, cherry tomatoes, cucumber and sweet corn) Fruit.			Carrot, celery, onion, leek and potato soup (10) Crispy baked hake fish fingers with lemon (1,4) Rice with tomato sauce. Sautéed green peas. Baked chickpeas. Spring salad (iceberg,tomato, carrots, avocado and sweet corn) Yogurt (2) Fruit.			Gazpacho. Spanish tortilla (3) Turkey and cheese slices (2,9) Tuna macaroni salad with mayonnaise (1,3,9,11,4) Mediterranean salad (rocket, lettuce, tomato, cucumber, onion, feta cheese, carrots and tuna (2,4)) Fruit.			Pea, onion, celery and potato soup (10) Homemade chicken burger in pretzel bap (13,1) Quinoa burger (1,9) Potato wedges. Sautéed spinach. Creamy coleslaw (3) Spring salad (iceberg, carrots, avocado and sweet corn) Rice pudding (2) Fruit.					

-The mixed salads feature carrots, corn, tomatoes, lettuce, cucumber, and beetroot.

-All meals include milk or water options and a variety of white and brown bread.

-Vegetarian options are available, and special diets can be accommodated through the office.

-Additional dishes can be prepared upon request, with daily choices reflecting seasonal availability.

-We kindly ask that students refrain from bringing sweets or chewing gum to school. Gum is strictly prohibited.

-Fruit is the only acceptable snack for playtime, except on Fridays, which are designated as healthy snack days.

-Fresh fruit is provided daily, and whole wheat pasta is used for pasta dishes.