



SCHOOL MENU - WEEK 2- 9th April, 2017 to 13th April, 2017

	SUNDAY	INGREDIENTS	MONDAY	INGREDIENTS	TUESDAY	INGREDIENTS	WEDNESDAY	INGREDIENTS	THURSDAY	INGREDIENTS
<b>PROTEIN 1</b>	Beef Bourguignon with Sweet corn & Mashed Potatoes	Beef Cubes, Onion, Garlic, Celery, Shallots, Mushrooms, Demi Glace, Salt.	Oven Baked Chicken Strips with vegetables and baked potatoes	Chicken Breast, Lemon Juice, Pepper, Cayenne, Thyme, Tomato Paste, Olive Oil, Roasted, Juicy, Salt.	Roast Beef With mashed potatoes and vegetables	Beef Fillet, Dijon Mustard, Demi Glace, Salt, Pepper	Beef Meat Balls In Gravy with pasta	Beef Minced, Onion Garlic, Demi Glace, Butter, Cooking Cream, Oil, Salt	Bbq Chicken with baked potatoes and vegetables	Chicken Breast, Bbq Sauce, Tomato Ketchup, Onion, Salt, Pepper
<b>PROTEIN 2</b>	Tandoori Chicken with rice & Mint Raita	Plain Yoghurt, Tandoori Curry Paste, Lemon Juice, Chicken Breast, Raita: Yoghurt, Mint Leaves	Grilled Fish Grenobloise with vegetables and white rice	White Fish Fillet, Oven Baked, Salt, Pepper, Lime Juice, Sauce, Butter, Capers, Lemon Rind, Parsely	Chicken Stew with vegetables & white rice	Chicken, Onion Garlic, Stock, Carrots, Potatoes, Cooking Cream, Salt.	Arabic Roast Chicken with white rice and vegetables	Chicken Breast, Arabic Spice Powder, Garlic Powder, Tomato Paste, Olive Oil, Salt & Pepper	Lamb Rogan Josh with pilaf rice and vegetables	Lamb Cubes, Yoghurt, Red Chilies, Red Onion, Ginger, Garlic, Whole Spices, Turmeric, Cumin, Potatoes
<b>VEG MAIN MEAL</b>	Veggie Lasagna	Fresh Mix Vegetables, White Sauce, Tomato Sauce, Herbs, Mozzarella Cheese And Salt.	Veggie Enchiladas	Baby Marrow, Corn, Carrots, Kidney Beans, Peppers, Salt Cumin, Tomato Salsa, Tortilla, Cream, Shredded Mozzarella, Baked	Roasted Veggie Fajitas	Bell Peppers, Onions, Baby Marrow, Sweet Corn Kernels, Fajita Spices, Cumin, Tortilla, Sour Cream, Tomato Salsa, Cheese Sauce	Napoletana Pasta Bake	Penne Pasta, Tomato Sauce, Shredded Mozzarella	Cheesy Vegetable Bake	Grilled Cauliflower, Mushroom, Red Pepper, Green Pepper, Baby Marrow, Onion, Olive Oil, White Sauce, Cream, Shredded Mozzarella

<b>DAILY SPECIALS</b>	<b>Sleepy Sunday</b>	<b>Mighty Monday</b>	<b>Terrific Tuesday</b>	<b>Wicked Wednesday</b>	<b>Tasty Thursday</b>
	Omelete	Quesadillas (Chicken, cheese and nacho sauce)	Shawarma	Crepe	Meat Ball Sub

Low Fat Dairy products Are used in the food preparation.

Lean Meat is used in food preparation.

Nut Free Food.





**SCHOOL MENU - WEEK 3 16th April, 2017 -20th April, 2017**

	SUNDAY	INGREDIENTS	MONDAY	INGREDIENTS	TUESDAY	INGREDIENTS	WEDNESDAY	INGREDIENTS	THURSDAY	INGREDIENTS
<b>PROTEIN 1</b>	Sweet & Sour Chicken with thai fried rice	Chicken Cubes, Green Pepper, Pineapple, Tomato Ketchup, Sweet & Sour Sauce	Beef Meat Balls In Tomato Sauce with pasta	Beef Minced, Onion, Garlic, Basil, Tomato Sauce, Cheddar Cheese, Olive Oil	Chargrilled Chicken In Pesto with white rice	Chicken Breast, Basil, Parsely, Olive Oil, Salt, Parmesan Cheese	Baked Fish In Tomato Olive Sauce with white rice	White Fish Fillet, Olive Oil, Fresh Basil, Tomato Sauce, Salt, Pepper	Chili Con Carne with pilaf rice	Beef Minced, Onion, Garlic, Tomato Paste, Corn, Red Kidney Beans, Paprika, Demi Glace
<b>PROTEIN 2</b>	Roast Lamb Leg In Gravy and Mashed potato	Lamb Leg, Onion, Garlic, Rosemary, Olive Oil, Demi Glace	Baked Curry Fish with steamed rice	White Fish Fillet, Ginger, Garlic, Curry Powder, Paprika, Fish Stock, Baked In Oven	Wok Beef With Vegetables with fried rice	Sliced Beef, Peppers, Onions, Garlic, Ginger, Sunflower Oil, Mushroom, Carrot, Hoisin Sauce	Lamb Navarin Stew with white rice	Lamb Cubes, Carrot, Onion, Garlic, Turnip, Potato, Peas, Demi Glace, Parsley	Tandoori Chicken Malai with white rice	Chicken Breast, Ginger, Garlic, Green Chillies, Oil, Turmeric Powder, Yoghurt, Cooking Cream
<b>VEG MAIN MEAL</b>	Mac & Cheese	Macaroni, White Sauce, Cooking Cream, Shredded Mozzarella	Baked Vegetarian Cassoulet with rice	Carrot, Celery, Leeks, Cauliflower, Marrow, Can White Beans, Bread Crumbs, Olive Oil, Garlic	Eggplant Parmesan Casserole	Oven Baked Eggplant, Onion, Garlic, Basil, Tomato Sauce, Shredded Mozzarella, Parmesan, Olive Oil	Paneer Butter with white rice	Indian Cottage Cheese, Onion, Garlic, Red Chili Powder, Whole Spices, Cooking Cream, Coriander, Butter, Salt	Quinoa Eggplant Lasagna	Baked Eggplant Slices, Quinoa, Tomato Puree, Basil, Garlic, Olive Oil, Pasta Sheet, Shredded Mozzarella.

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	Omelete	Quesadillas (Chicken, cheese and nacho sauce)	Shawarma	Crepe	Meat Ball Sub

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SCHOOL MENU - WEEK 4 - 23 April 2017 - 2th April, 2017

	SUNDAY	INGREDIENTS		MONDAY	INGREDIENTS		TUESDAY	INGREDIENTS		WEDNESDAY	INGREDIENTS		THURSDAY	INGREDIENTS	
<b>PROTEIN 1</b>	Beef Stroganoff with white rice & vegetables	Beef, Onion, Garlic, Green Pepper, Mushroom, Demi Glace, Sour Cream, Salt, Pepper		Grilled Fish In Marinara Sauce and white rice	White Fish Fillet, Olive Oil, Tomato Puree, Oregano, Celery, Leeks, Onion, Garlic, Salt, Pepper.		Roast Beef In Mushroom Sauce with pilaf rice	Beef Fillet, Garlic, Rosemary, Olive Oil, Demi Glace, Salt, Pepper.		Roast Chicken Cacciatore with white rice	Chicken Breast, Onion, Garlic, Tomatoes, Demi Glace, Herbs, Salt Pepper,		Lamb Stew	Lamb Cubes, Carrot, Onion, Garlic, Turnip, Potato, Peas, Demi Glace, Parsley	
<b>PROTEIN 2</b>	Chicken Biryani And Raita	Chicken, Rice, Onion, Garlic, Ginger, Tomato, Green Chillies, Whole Spice, Ghee, Yoghurt, Red Chili Powder, Cumin, Oil, Cilantro		Lamb Hot Pot Casserole and white rice	Lamb Cubes, Onion, Garlic, Celery, Leeks, Tomato Paste, Demi Glace, Potato		Butter Chicken with white rice	Chicken Breast, Tomato Sauce, Garlic, Garam Masala, Tandoori Masala, Cooking Cream, Butter, Salt		Fish Sayadieh with sayadiyat rice	Fish, Lime Juice, Cumin, Coriander, Garlic, Onion, Rice, Cardamon, Paprika		Wok Chicken With Vegetables with pilaf rice	Chicken, Green Bell Pepper, Broccoli, Carrot, Snap Peas, Soy Sauce, Corn Starch, Salt And Pepper.	
<b>VEG MAIN MEAL</b>	Spinach & Cheese Lasagna	Pasta Sheets, Spinach, Onion, Garlic, Salt, Pepper, Cooking Cream, White Sauce, Tomato, Mozzarella Cheese		Ratatouille white rice	Marrow, Eggplant, Red Bell Pepper, Green Bell Pepper, Onions, Olives, Tomato Puree, Tomato Paste, Bay Leaves, Herbs, Salt Pepper, Capers		Black Bean Enchiladas	Tortilla, Black Beans, Onion, Garlic, Cilantro, Cumin, Coriander Powder, Oregano, Cooking Cream, Cheese, Tomato Sauce With Cayenne Pepper		Baked Penne In Cream Sauce	Penne, Onion, Garlic, White Sauce, Cooking Cream, Shredded Mozzarella		Vegetarian Shepherds Pie	Sweet Potato, Carrot, Onions, Marrow, French Beans, Green Peas, Tomatoes, Potato, Chickpeas, Breadcrumbs	

DAILY SPECIALS	Sleepy Sunday	Mighty Monday	Terrific Tuesday	Wicked Wednesday	Tasty Thursday
	Omelete	Quesadillas (Chicken, cheese and nacho sauce)	Chicken Shawarma	Crepe	Meat Ball Sub

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- Lean Meat is used in food preparation.
- Nut Free Food.