

The Canteen You ♥.



Lunch Menu: Early Years

Please note that this is the standard lunch menu and custom meals to accommodate allergies, intolerances, religious or ethical requests, will be provided to the relevant students

Monday	Tuesday	Wednesday	Thursday	Friday
Rice with tomato	Pasta with tuna (warm)	Pasta with zucchini	Malloreddus (gnochetti) with pesto	Ravioli with tomato sauce
Roasted pork	Chicken scaloppini with lemon	Breaded fish bites	Vegetable meatballs	Omelette
Stewed carrots	Zucchini dressed with olive oil	Oven-roasted potatoes	Oven-roasted potatoes	French fries
Fresh seasonal fruit	Yogurt	Fresh seasonal fruit	Fresh seasonal fruit	Chocolate pudding

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Lunch Menu: Lower Elementary Years 1, 2, 3

Please note that this is the standard lunch menu and custom meals to accommodate allergies, intolerances, religious or ethical requests, will be provided to the relevant students

Monday	Tuesday	Wednesday	Thursday	Friday
Rice with tomato	Pasta with tuna (warm)	Rice salad	Malloreddus (gnochetti) with pesto	Ravioli with tomato sauce
Roasted pork	Chicken scaloppini with lemon	Breaded fish bites	Vegetable meatballs	Omelette
Stewed carrots	Zucchini dressed with olive oil	Oven-roasted potatoes	Sautéed eggplant with tomatoes and garlic	French fries
Fresh seasonal fruit	Yogurt	Fresh seasonal fruit	Fresh seasonal fruit	Chocolate pudding

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Lunch Menu: Years 4 to 6

Please note that this is the standard lunch menu and custom meals to accommodate allergies, intolerances, religious or ethical requests, will be provided to the relevant students

Monday	Tuesday	Wednesday	Thursday	Friday
Rice with tomato	Pasta with tuna (warm)	Rice salad	Malloreddus (gnochetti) with pesto	Ravioli with tomato sauce
Roasted pork	Chicken scaloppini with lemon	Breaded fish bites	Vegetable meatballs	Omelette
Stewed carrots	Zucchini dressed with olive oil	Oven-roasted potatoes	Sautéed eggplant with tomatoes and garlic	French fries
Fresh seasonal fruit	Yogurt	Fresh seasonal fruit	Fresh seasonal fruit	Chocolate pudding



Lunch Menu: Years 7 to 13

Please note that this is the standard lunch menu and custom meals to accommodate allergies, intolerances, religious or ethical requests, will be provided to the relevant students

Monday	Tuesday	Wednesday	Thursday	Friday
Rice with tomato Cold pasta	Pasta with tuna (warm) Pasta with tomato sauce	Rice salad Pasta with zucchini and speck	Malloreddus (gnochetti) with pesto Pasta with broccoli and pancetta	Ravioli with tomato sauce Pasta with tomato sauce
Roasted pork Mozzarella	Chicken scaloppini with lemon Vegetable burger	Breaded fish bites Chicken strips with thyme	Vegetable meatballs Ham and Edam puff pastry	Sliced turkey with tomatoes and rocket Omelette
Stewed carrots Broccoli dressed with olive oil	Zucchini dressed with olive oil Tomatoes	Oven-roasted potatoes Fennel salad	Sautéed eggplant with tomatoes and garlic Spinach dressed with olive oil	French fries Tomatoes
Fresh seasonal fruit	Yogurt	Fresh seasonal fruit	Fresh seasonal fruit	Chocolate pudding