

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
Pasta with zucchini	Pasta with tomato sauce and basil	Ricotta and spinach ravioli with tomato sauce	Rice with ragù (Bolognese sauce)	Spaghetti with vegetable Bolognese sauce
Spreadable cheese	Beef meatballs	Breaded fillet of cod (fish)	Cheese omelette	Chicken bites
Stewed carrots	Potatoes dressed with olive oil	Green beans dressed with olive oil	Oven-roasted potatoes	Fennel dressed with olive oil
AM Break Fresh seasonal fruit	AM Break Fresh seasonal fruit	AM Break Yogurt	AM Break Fresh seasonal fruit	AM Break Yogurt
PM Toasted bread	PM Fresh seasonal fruit	PM Toasted bread	PM Toasted bread	PM Ice cream

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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
Pasta with zucchini	Pasta with tomato sauce and basil	Ricotta and spinach ravioli in tomato sauce	Rice with ragù (Bolognese sauce)	Spaghetti with vegetable Bolognese sauce
Spreadable cheese	Beef meatballs	Breaded fillet of cod (fish)	Cheese omelette	Chicken bites
Stewed carrots	Potatoes dressed with olive oil	Green beans dressed with olive oil	Oven-roasted potatoes	Fennel dressed with olive oil
Fresh seasonal fruit	Fresh seasonal fruit	Yogurt	Fresh seasonal fruit	Fresh seasonal fruit

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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
Pasta with zucchini	Cold pasta with fresh tomatoes, mozzarella and basil	Ricotta and spinach ravioli in tomato sauce	Rice with ragù (Bolognese sauce)	Spaghetti with vegetable Bolognese sauce
Tomato and mozzarella salad	Beef meatballs	Breaded fillet of cod (fish)	Cheese omelette	Chicken bites
Stewed carrots	Potatoes dressed with olive oil	Sautéed broccoli rabe	Vegetable caponata (Sicilian-style)	Fennel dressed with olive oil
Fresh seasonal fruit	Fresh seasonal fruit	Yogurt	Fresh seasonal fruit	Ice cream



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
Pasta with zucchini Pasta all'amatriciana	Cold pasta with fresh tomatoes, mozzarella and basil Pasta with tomato sauce	Ricotta and spinach ravioli in tomato sauce	Pasta with ragù (Bolognese sauce) Pasta with mushroom and sausage	Spaghetti with vegetable Bolognese sauce Pasta with tomato sauce
Tomato and mozzarella salad Diced pork cooked in wine sauce	Beef meatballs Chickpea burger	Breaded fillet of cod (fish) Mixed meat baked dish	Omelette with cheese Burger with ham and cheese	Chicken bites au gratin Parmigiana
Stewed carrots Sautéed chard with olive oil	Potatoes dressed with olive oil Mixed salad	Sautéed broccoli rabe Tomatoes	Vegetable caponata (Sicilian-style) Spinach dressed with olive oil	Fennel dressed with olive oil Mixed salad
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Ice cream