

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 peas	Pasta with mushrooms	Pasta with fresh tomato sauce	Pasta with bean purée	Pasta with zucchini pesto
Wrap filled with cooked ham	Fish burger	Omelette with mozzarella cheese	Chicken strips with lemon	Breaded chicken bites
Green beans	Swiss chard with olive oil	Roast potatoes	Spinach dressed with olive oil	Roast potato sticks
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 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
Pasta with peas	Pasta with mushrooms	Pasta with fresh tomato sauce	Pasta with bean purée	Pasta with zucchini pesto
Sandwich wrap with cooked ham	Fish burger	Omelette with mozzarella cheese	Chicken strips with lemon	Breaded chicken bites
Green beans	Swiss chard with olive oil	Roast potatoes	Spinach dressed with olive oil	Roast potato sticks
Fresh seasonal fruit	Fresh seasonal fruit	Yogurt	Fresh seasonal fruit	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
Pasta with peas	Pasta salad	Pasta with fresh tomato sauce	Pasta with bean purée	Pasta with zucchini pesto
Wrap with cooked ham	Fish burger	Omelette with mozzarella cheese	Chicken strips with lemon	Beef burger
Green beans	Swiss chard with olive oil	Roast potatoes	Spinach dressed with olive oil	Roast potato sticks
Fresh seasonal fruit	Fresh seasonal fruit	Yogurt	Fresh seasonal fruit	Pudding



Lunch Menu: Years 7 to 13

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Monday	Tuesday	Wednesday	Thursday	Friday
Pasta with peas Pasta with zucchini and pancetta	Pasta salad Pasta with pumpkin and speck	Pasta with fresh tomato sauce Pasta with summer vegetables	Pasta all'amatriciana Spelt salad (farro)	Pasta with zucchini pesto Pasta or rice with tomato sauce
Wrap with cooked ham Turkey lemon bites	Fish burger Savoury tart cheese and spinach	Omelette with mozzarella Ricottina	Chicken strips with lemon Mozzarella in carozza	Breaded chicken bites Breaded cod
Green beans Fennel salad	Swiss chard with olive oil Tomato salad	Roast potatoes Lentils with tomatoes	Grilled vegetables Spinach dressed with olive oil	Roast potato sticks Stewed peas
Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Pudding