

Canteen Menu

14th May - 18th May 2017 - Week 3

	Sunday	Meat Free Monday	Tuesday	Wednesday	Thursday
Salads and Baked potatoes	Fresh salads or baked potatoes served with a selection of items, baked beans/cheese/coleslaw/ tuna and mayonnaise	Fresh salads or baked potatoes served with a selection of items, baked beans/cheese/coleslaw/ tuna and mayonnaise	Fresh salads or baked potatoes served with a selection of items, baked beans/cheese/coleslaw/ tuna and mayonnaise	Fresh salads or baked potatoes served with a selection of items, baked beans/cheese/coleslaw/ tuna and mayonnaise	Fresh salads or baked potatoes served with a selection of items, baked beans/cheese/coleslaw/ tuna and mayonnaise
Soup of the day	Cream of Mushroom soup	Sweet & sour Chinese soup	Cream of chicken	Vegetable soup	Minestrone soup
Hot Meal Combo 1	Roasted Leg of Lamb	Sweet and sour fish Stir fried noodles	Beef Burger with French fries	Spaghetti bolognese	Chicken makhani Rice
Hot Meal Combo 2	Spinach and tomato stew	Penne Carbonara	Classic Spaghetti	Vegetable quiche	Tofu and Vegetable casserole with Steamed Rice
Colorful veggies	Mashed potatoes	Wok vegetables	Corn On the cobb	Broccolis & cauliflower	Carrot & peas
Special of the day	Omelet Sunday	Umali	Taco tuesday	Live shawarma	live cooking pancakes



THE BRITISH INTERNATIONAL SCHOOL
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