

ICE MENU - TERM 2 (2018-2019)

WEEK 1					
	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>STARTER</b>	Green Salad	Broccoli Soup	Tomato & Cucumber w - Lemon Honey Dressing	Sweet Corn Soup	Pineapple Salad w- Apple Cider
<b>MAIN DISH</b>	Penne Pasta with Vegetables in Tomato Sauce	Chicken Schnitzel with Gravy Sauce & Mash Potato	Salmon Fillet w- Saffron Rice in Lemon soya Cream Sauce	Vegetable Pizza	Mince Beef Balls W- tomato basil sauce, and Brown Rice
<b>DESSERT</b>	Date Cake	Coconut Cookies	Low fat yogurt w- Berries	Fruit salad	Strawberry Swiss Roll

WEEK 2					
	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>STARTER</b>	Cucumber Salad in Lemon Dressing	Coleslaw with Pineapple Salad	Green Salad	Pumpkin Soup	Apple And Lentil salad
<b>MAIN DISH</b>	Rice Pasta w- Vegetables in tomato Sauce	Grilled Chicken Breast w- Teriyaki Sauce & Parsley Potato	White fish with provencal sauce and Steamed Quinoa	Margarita pizza with baby corn	Beef Goulash w- Carrot & Bread Buns
<b>DESSERT</b>	Mini Vanilla Muffin (Gluten Free)	Fruit Salad	Carrot Cake (no nuts)	Apple crumble	Plain (low fat)Yogurt w- Berries

WEEK 3					
	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>STARTER</b>	Green Salad	Corn ans tomato salad	Quinoa And Corn Salad	Chick pea salad	Vegetable soup
<b>MAIN DISH</b>	Spaghetti pasta with Tomato Spinach Sauce	Chicken (breast) W- Vegetable Soup & Steamed Rice	Sweet & Sour Fish with Pineapple, pepper and Noodles	Stir fry egg Noodles with vegetables	Beef Burger Pattie w- Bread Roll & Roast Potato
<b>DESSERT</b>	Orange Cake (no nuts)	Seasonal Fruit Salad	Vanilla Mini Muffins (gluten free)	Fruit Compote	Banana Cake (no nuts)

WEEK 4					
	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>STARTER</b>	Pineapple & Carrot Salad in Honey Lemon Dressing	Mix Vegetable Soup	Green Salad	Red lentil and apple soup	Chef choice International Day
<b>MAIN DISH</b>	Fusilli Pasta Vegetables in Tomato Sauce	Grilled Chicken Breast with Bbq Sauce & Roast potato	Stir fry fish with vegetable w/ Steam Rice	Mix vegetable pizza	
<b>DESSERT</b>	Fresh Fruit Slice	Carrot Cake (no nuts)	Honey cake	Fruit Yoghurt (low fat)	