



ICE SCHOOL

DATES: 28.08.23-1.09.23



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

NON-VEGETARIAN	HOUSE LASAGNA	CHICKEN FRICASSEE, STEAMED RICE	BEEF SLIDER	STEAMED DORY IN SWEET & SOUR SUCE (F)
VEGETARIAN OPTION	ROASTED CAULIFLOWER CURRY (V) (VG)(GF)	FARFALLE IN PINK SAUCE (V)	MAC & CHEESE	VEGETABLE NOODLES
VEGETABLES	BROCOLLI & CARROTS (V)(VG)(DF)(GF)	STEAMED PEAS (V)(VG)(DF)(GF)	BAKED POTATO WEDGES (V)(GF)	WOK TOSSED VEGETABLES (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL
DESSERT	FRUIT SALAD	HOT DESSERT	FRUIT SALAD	HOT DESSERT

AVERAGE CALORIES PER A DAY: 580 -650 CALORIES

(V) – VEGETARIAN/ (VG) – VEGAN /(GF) – GLUTEN FREE/DF) – DAIRY FREE / (E) – CONTAINS EGG/ (O) – DIABETIC FRIENDLY /(F) – FISH /(S) - CONTAINS SOYA



ICE SCHOOL

DATES: 4.09.23-8.09.23



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

NON-VEGETARIAN	SPAGHETTI BOLOGNESE	BRAZILLIAN ONE POT CHICKEN WITH COCONUT RICE	BEEF BOURGIGNON (GF)	CHICKEN FAJITAS WITH SOUR CREAM
VEGETARIAN OPTION	SPAGHETTI MARINARA	ROASTED VEGETABLE CASSEROLE	RUSTIC MASH POTATO	VEGETABLE FAJITA
VEGETABLES	GRILLED MED VEG (V)(VG)(DF) (GF)	CORN ON THE COB	FRENCH BEANS (V)(VG)(DF)(GF)	MEXICANVEGETABLE RICE
SALAD OF THE DAY	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL
DESSERT	FRUIT SALAD	HOT DESSERT	FRUIT SALAD	HOT DESSERT

AVERAGE CALORIES PER A DAY: 580 -650 CALORIES

(V) – VEGETARIAN/ (VG) – VEGAN /(GF) – GLUTEN FREE/DF) – DAIRY FREE / (E) – CONTAINS EGG/ (O) – DIABETIC FRIENDLY /(F) – FISH /(S) - CONTAINS SOYA



ICE SCHOOL

DATES: 11.09.23-15.09.23



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

NON-VEGETARIAN	BEEF TERIYAKI W/ NOODLES	BREADED DORY LEMON SAUCE	CUBAN PICADILLO W/ FRAGRANT RICE	CHICKEN ALFREDO
VEGETARIAN OPTION	VEGETABLE NOODLES	MOROCCAN TOMATO COUSCOUS	BAKED ZUCCHINI W/ PARMIGIANO	PROVENCAL PASTA BAKE
VEGETABLES	BROCOLLI (V)(VG)(DF)(GF)	BAKED EGGPLANT	ROASTED SWEET POTATO	STEAMED VEGETABLE (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL
DESSERT	FRUIT SALAD	HOT DESSERT	FRUIT SALAD	HOT DESSERT

AVERAGE CALORIES PER A DAY: 580 -650 CALORIES

(V) – VEGETARIAN/ (VG) – VEGAN /(GF) – GLUTEN FREE/DF) – DAIRY FREE / (E) – CONTAINS EGG/ (O) – DIABETIC FRIENDLY /(F) – FISH /(S) - CONTAINS SOYA



ICE SCHOOL

DATES: 18.09.23-22.09.23



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

NON-VEGETARIAN	KOREAN BEEF BULGOGI	MANDARIN CHICKEN	BAKED DORY IN PINK SAUCE	BUTTER CHICKEN W/ JEERA RICE
VEGETARIAN OPTION	BEANS SPROUT WITH TOFU BULGOGI	VEGETABLE RICE	TORTELLINI PASTA	DAL MAKHANI
VEGETABLES	SAUTEED BROCCOLI W/ GARLIC	SAUTEED VEGETABLE	SAUTEED MUSHROOM	ALOO POTATO
SALAD OF THE DAY	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL
DESSERT	FRUIT SALAD	HOT DESSERT	FRUIT SALAD	HOT DESSERT

AVERAGE CALORIES PER A DAY: 580 -650 CALORIES

(V) – VEGETARIAN/ (VG) – VEGAN /(GF) – GLUTEN FREE/DF) – DAIRY FREE / (E) – CONTAINS EGG/ (O) – DIABETIC FRIENDLY /(F) – FISH /(S) - CONTAINS SOYA



ICE SCHOOL

DATES: 25.09.23-28.09.23



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

NON-VEGETARIAN	BEEF KOTLETY WITH BROWN GRAVY	SWEET & SOUR CHICKEN	BREADED FISH CAKE WITH TOMATO SAUCE	CHICKEN PENNE PASTA IN WHITE SAUCE
VEGETARIAN OPTION	ZUCCHINI KOTLETY WITH TOMATO SAUCE	GARLIC RICE	HERB COUSCOUS	MUSHROOM PENNE PASTA IN WHITE SAUCE
VEGETABLES	RUSTIC MASH POTATO	SAUTEED SNOW PEAS	PEAS & CARROTS	ROASTED CAULIFLOWER FLORETS
SALAD OF THE DAY	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL
DESSERT	FRUIT SALAD	HOT DESSERT	FRUIT SALAD	HOT DESSERT

AVERAGE CALORIES PER A DAY: 580 -650 CALORIES

(V) – VEGETARIAN/ (VG) – VEGAN /(GF) – GLUTEN FREE/DF) – DAIRY FREE / (E) – CONTAINS EGG/ (O) – DIABETIC FRIENDLY /(F) – FISH /(S) - CONTAINS SOYA



ICE SCHOOL

DATES: 2.10.23-6.10.2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

NON-VEGETARIAN	CHICKEN CHOW MEIN	SHEPHERD PIE	THAI BAKED DORY W/ STICKY RICE	CHICKEN ADOBO WITH GARLIC RICE
VEGETARIAN OPTION	VEGETABLE CHOW MEIN	VEGETARIAN SHEPHERDS PIE	THAI BAKED EGGPLANT	CHOPSUEY
VEGETABLES	SAUTEED GREEN BEANS	MINTED PEAS	GREEN BEAN MEDLEY	STEAMED KANGKONG
SALAD OF THE DAY	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL	SALAD/SOUP OF THE DAY BREAD ROLL
DESSERT	FRUIT SALAD	HOT DESSERT	FRUIT SALAD	HOT DESSERT

AVERAGE CALORIES PER A DAY: 580 -650 CALORIES

(V) – VEGETARIAN/ (VG) – VEGAN /(GF) – GLUTEN FREE/DF) – DAIRY FREE / (E) – CONTAINS EGG/ (O) – DIABETIC FRIENDLY /(F) – FISH /(S) - CONTAINS SOYA