



ICE SCHOOL - CANTEEN MENU

DATES:03.06.24 - 06.06.24



MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

| | | | | |
|--------------------------|---|---|---|---|
| NON-VEGETARIAN | | Polo Con Champinones with Patata Bravas (DF) | Beef Slider (E) | Steamed Dory in Sweet and Sour Sauce (F) with Noodles (E)(DF) |
| VEGETARIAN OPTION | Vegetarian Lasagna (V) | Lentejas Con Champinones w/ Patata Bravas (V)(VG)(GF) | Mac and Cheese (V) | Vegetable Noodles (E) with Sweet and sour (V) (E) (DF) |
| VEGETABLES | Broccoli & Carrots (V)(VG)(DF)(GF) | Sweet Corn (V) (VG)(GF)(DF) | Baked Potato Wedges (V)(VG)(GF)(DF) | Wok Tossed Vegetables (V)(VG)(GF)(DF) |
| SALAD OF THE DAY | SALAD/SOUP OF THE DAY (V) (VG) (DF) (GF) / BREAD ROLL | SALAD/SOUP OF THE DAY (V) (VG) (DF) (GF) / BREAD ROLL | SALAD/SOUP OF THE DAY (V) (VG) (DF) (GF) / BREAD ROLL | SALAD/SOUP OF THE DAY (V) (VG) (DF) (GF) / BREAD ROLL |
| DESSERT | Fruit salad/ Dessert of the day/ Yoghurt | Fruit salad/ Dessert of the day/ Yoghurt | Fruit salad/ Dessert of the day/ Yoghurt | Fruit salad/ Dessert of the day/ Yoghurt |

AVERAGE CALORIES PER DAY : 580 - 650 CALORIES

(V) – Vegetarian/ (VG) – Vegan /(GF) – Gluten free/DF) – Dairy free / (E) – Contains egg (E) – (F) – Fish /(S) - Contains soya



ICE SCHOOL - CANTEEN MENU

DATES: 10.06.24-13.06.24



MEATLESS MONDAY

TUESDAY

WEDNESDAY

FRENCH THURSDAY

| | | | | |
|--------------------------|--|--|---|--|
| NON-VEGETARIAN | | Beef Bourgignon with Rustic Mash Potato | Butter Chicken With Jeera Coconut Rice (GF) | Coq Au Vin / Ecrase De Pomme de Terre |
| VEGETARIAN OPTION | Vegan Spaghetti Bolognese (V) | Mushroom Bourgignon with Rustic Mash Potato (V) (GF) | Vegetable Korma with Jeera Coconut Rice (V) (DF) (GF) | Patatas Au Vin (V) (VG) (GF) (DF) |
| VEGETABLES | Grilled Med Veg (V) (VG) (DF)(GF) | French Beans (V)(VG)(DF)(GF) | Roasted Carrots (V)(VG)(GF)(DF) | French Green Beans with Shallots (V)(VG)(DF)(GF) |
| SALAD OF THE DAY | SALAD/SOUP OF THE DAY (V)(VG) (DF) (GF) / BREAD ROLL | SALAD/SOUP OF THE DAY (V) (DF) (GF) (VG) /BREAD ROLL | SALAD /SOUP OF THE DAY/ (V)(VG)(DF)(GF)/ BREAD ROLL | SALAD/ SOUP OF THE DAY/ (V)(VG)(DF)(GF) / BREAD ROLL |
| DESSERT | Fruit salad/ Dessert of the day/ Yoghurt | Fruit salad/ Dessert of the day/ Yoghurt | Fruit salad/ Dessert of the day/ Yoghurt | Fruit salad/ Dessert of the day/ Yoghurt |

AVERAGE CALORIES PER DAY: 580 -650 CALORIES

(V) – Vegetarian/ (VG) – Vegan /(GF) – Gluten free/DF) – Dairy free / (E) – Contains egg (E) –(F) – Fish /(S) - Contains soya



ICE SCHOOL - CANTEEN MENU

DATES: 17.06.24-20.06.24



| | MEATLESS MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--------------------------|--|--|---|--|
| NON-VEGETARIAN | | Breaded Dory in Lemon Sauce (F) (E) | Cuban Picadillo With Fragrant Rice (DF) | Beef Teriyaki with Noodles (DF)(E)(S) |
| VEGETARIAN OPTION | Tacos with Vegetarian Chilli Con Carne (V) | Moroccan Tomato Couscous (V)(VG) (DF) | Chick Pea Picadillo With Fragrant Rice(V)(GF)(DF) | Tofu Teriyaki with Vegetable Noodles (V)(DF)(E)(S) |
| VEGETABLES | Steamed Vegetables (V)(VG)(DF)(GF) | Mediterranean Roasted Vegetables (V)(VG)(DF)(GF) | BBQ Roasted Corn (V)(VG)(DF) (GF) | Stir Fry Vegetables (V)(VG)(DF)(S) |
| SALAD OF THE DAY | SALAD / SOUP OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL | SALAD /SOUP OF THE DAY (V)(VG)(DF)(GF)/ BREAD ROLL | SALAD /SOUP OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL | SALAD /SOUP OF THE DAY (V)(VG)(DF)(GF) /BREAD ROLL |
| DESSERT | Fruit salad/ Dessert of the day/ Yoghurt | Fruit salad/ Dessert of the day/ Yoghurt | Fruit salad/ Dessert of the day/ Yoghurt | Fruit salad/ Dessert of the day/ Yoghurt |

AVERAGE CALORIES PER DAY: 580 -650 CALORIES

(V) – Vegetarian/ (VG) – Vegan /(GF) – Gluten free/DF) – Dairy free / (E) – Contains egg/ (E) – Fish /(S) – Contains soya



ICE SCHOOL - CANTEEN MENU

DATES: 24.06.24-27.06.24



MEATLESS MONDAY

TUESDAY

WEDNESDAY

CHINESE THURSDAY

| | | | | |
|--------------------------|---|--|--|--|
| NON-VEGETARIAN | | Chicken Mandi with Salata Hara (GF)(DF) | Baked Dory in Pink Sauce with Fusilli Pasta (F) | Kung Pao Chicken with Egg Fried Rice |
| VEGETARIAN OPTION | Vegan Meatball In Marinara Sauce with Spaghetti (V) | Mixed Vegetable Mandi with Salata Hara (V)(GF)(DF) | Fusilli Pasta in Pink sauce (V) | Vegan Kung Pao Chicken with Vegetable Stir Fry (V) |
| VEGETABLES | Sauteed Broccoli w/ Garlic (V)(VG)(DF)(GF) | Peas (V)(VG)(DF)(GF) | Med Veg with Nut Free Pesto (V)(GF) | Chinese Vegetable, Stir Fry (V (GF) (DF) |
| SALAD OF THE DAY | SALAD/SOUP OF THE DAY (V)(VG)(DF)(GF)/ BREAD ROLL | SALAD/SOUP OF THE DAY (V)(VG)(DF)(GF)/ BREAD ROLL | SALAD/SOUP OF THE DAY (V) (VG)(DF)(GF) /BREAD ROLL | SALAD/SOUP OF THE DAY (V)(VG)(DF)(GF) /BREAD ROLL |
| DESSERT | Fruit salad/ Dessert of the day/ Yoghurt | Fruit salad/ Dessert of the day/ Yoghurt | Fruit salad/ Dessert of the day/ Yoghurt | Fruit salad/ Dessert of the day/ Yoghurt |

AVERAGE CALORIES PER DAY: 580 -650 CALORIES

(V) – Vegetarian/ (VG) – Vegan /(GF) – Gluten free/DF) – Dairy free / (E) – Contains egg/ (E) – – Fish /(S) - Contains soya



ICE SCHOOL-CANTEEN MENU

DATES: 01.07.24-04.07.24



MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

| | | | | |
|--------------------------|--|---|--|--|
| NON-VEGETARIAN | | Chicken Salona with Saffron Rice (DF) | Breaded Fish Cake with Herb Couscous in Tomato Sauce | Sweet and Sour Chicken with Garlic Rice |
| VEGETARIAN OPTION | Meatless Penne Pasta Bake (V) | Vegetable Salona with Saffron Rice (V) (DF) | Mediterranean Veg with Herb Couscous | Sweet and Sour Tofu with Garlic Rice |
| VEGETABLES | Pan Roasted Carrots (V) (VG) (DF) (GF) | Steamed Broccoli (V) (VG) (GF) (DF) | Steamed Kale Leeks (V) (VG) (GF) (DF) | Sauteed Snow Peas (V)(VG)(GF)(DF) |
| SALAD OF THE DAY | SALAD/SOUP OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL | SALAD /SOUP OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL | SALAD /SOUP OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL | SALAD/SOUP OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL |
| DESSERT | Fruit salad/ Dessert of the day/ Yoghurt | Fruit salad/ Dessert of the day/ Yoghurt | Fruit salad/ Dessert of the day/ Yoghurt | Fruit salad/ Dessert of the day/ Yoghurt |

AVERAGE CALORIES PER DAY: 580 -650 CALORIES

(V) – Vegetarian/ (VG) – Vegan /(GF) – Gluten free/DF) – Dairy free / (E) – Contains egg/ (F) – Fish /(S) – Contains soya