



ICE SCHOOL - CANTEEN MENU

DATES: 26.08.24 - 29.08.24



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

NON-VEGETARIAN	Beef Lasagna (E)	Chicken Mandi with Machboos Rice and Salata Hara	Beef Slider (E)	Steamed Dory in Sweet and Sour Sauce (F) with Noodles (E)(DF)
VEGETARIAN OPTION	Vegetarian Lasagna (V)	Vegetable Mandi with Machboos Rice and Salata Hara (V)	Mac and Cheese (V)	Vegetable Noodles (E) with Sweet and sour (V) (E) (DF)
VEGETABLES	Broccoli & Carrots (V)(VG)(DF)(GF)	Steamed Green Peas (V)(VG)(DF)(GF)	Baked Potato Wedges (V)(VG)(GF)(DF)	Wok Tossed Vegetables (V)(VG)(GF)(DF)
SALAD OF THE DAY	SALAD OF THE DAY (V) (VG) (DF) (GF) / BREAD ROLL	SALAD OF THE DAY (V) (VG) (DF) (GF) / BREAD ROLL	SALAD OF THE DAY (V) (VG) (DF) (GF) / BREAD ROLL	SALAD OF THE DAY (V) (VG) (DF) (GF) / BREAD ROLL
DESSERT	Fruit Pot (V) (VG)(GF)(DF)	Mixed Melon Pot (V) (VG)(GF)(DF)	Short Bread Cookie (V)	Madeline (V) (E)

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: 02.09.24-05.09.24



MONDAY

TUESDAY

WEDNESDAY

**GREECE
THURSDAY**

NON-VEGETARIAN	Spaghetti Bolognese (E)	Beef Bourgignon with Rustic Mash Potato	Chicken Tikka with Jeera Coconut Rice	Stifado with Lemon Rice (
VEGETARIAN OPTION	Spaghetti with Pomodoro Sauce (V)	Mushroom Bourgignon with Rustic Mash Potato (V) (GF)	Vegetable Korma with Jeera Coconut Rice (V) (DF) (GF)	Chick Pea Moussaka with Lemon Rice (V)(GF)
VEGETABLES	Grilled Med Veg (V) (VG) (DF)(GF)	French Beans (V)(VG)(DF)(GF)	Roasted Carrots (V)(VG)(GF)(DF)	Saute' Cauliflower (V) (VG)(GF)(DF)
SALAD OF THE DAY	SALAD OF THE DAY (V)(VG) (DF) (GF) / BREAD ROLL	SALAD OF THE DAY (V) (DF) (GF) (VG) /BREAD ROLL	SALAD OF THE DAY (V)(VG)(DF)(GF)/ BREAD ROLL	SALAD OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL
DESSERT	Pineapple Pot (V) (VG)(GF)(DF)	Banana Bread (V)(E)	Vanilla Muffin (V) (VG)(GF)(DF)	Short Bread Cookie (V) (VG)(GF)(DF)

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: 09.09.24 - 12.09.24



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON-VEGETARIAN	Beef Tacos With Chilli Con Carne	Breaded Dory in Lemon Sauce (F) (E)	Chicken Fricassee with Rustic Mash (GF)	Beef Teriyaki with Noodles (E) (S)
VEGETARIAN OPTION	Soft Tacos With Vegetarian Chilli Con Carne (V)	Moroccan Tomato Couscous (V)(VG) (DF)	Mashroom Fricassee with Rustic Mash (GF) (V)	Tofu Teriyaki with Vegetable Noodles (V)(DF)(E)(S)
VEGETABLES	Sweet Corn (V)(VG)(DF)(GF)	Mediterranean Roasted Vegetables (V)(VG)(DF)(GF)	Steamed Green Beans (V)(VG)(DF)(GF)	Stir Fry Vegetables (V)(VG)(DF)(S)
SALAD OF THE DAY	SALAD OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL	SALAD OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL	SALAD OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL	SALAD OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL
DESSERT	Blueberry and Oat Muffin (V)(E)	Apple Pot (V) (VG)(GF)(DF)	Madeline (V) (E)	Fruit Yoghurt (V)

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: 16.09.24-19.09.24



MONDAY

TUESDAY

WEDNESDAY

**SOUTH KOREA
THURSDAY**



NON-VEGETARIAN	Chicken Kabsa with Mint Labneh	Poulet Au Paprika with Roast Potato (GF)	Baked Dory in Pink Sauce with Fusilli Pasta (F)	Bulgogi with Fragrant Rice
VEGETARIAN OPTION	Mixed Vegetable Kabsa with Mint Labneh (V)	Vegetable Stew with Roast Potato (V) (VG)	Fusilli Pasta in Pink sauce (V)	Japchae (Stir Fried Noodles with Mixed Vege) (V)(E)
VEGETABLES	Sauteed Broccoli (V)(VG)(DF)(GF)	Green Beans (V) (VG)(GF)(DF)	Med Veg with Nut Free Pesto (V)(GF)	Kongnamul Muchim (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY (V)(VG)(DF)(GF)/ BREAD ROLL	SALAD OF THE DAY (V)(VG)(DF)(GF)/ BREAD ROLL	SALAD OF THE DAY (V) (VG)(DF)(GF) /BREAD ROLL	SALAD OF THE DAY (V)(VG)(DF)(GF) /BREAD ROLL
DESSERT	Gingersnap Cookie (V) (E)	Mixed Melon Pot (V) (VG)(GF)(DF)	Flapjack (V)	Orange Financier (V)

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: 23.09.24 - 26.09.24



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

NON-VEGETARIAN	Fish and Chips with Homemade Tarter Sauce (F)	Chicken Salona with Saffron Rice (DF)	Beef Stroganoff with Egg Noodles (S)	Sweet and Sour Chicken with Garlic Rice (DF)
VEGETARIAN OPTION	Mediterranean Vege Penne Pasta Bake (V)	Vegetable Salona with Saffron Rice (V) (DF)	Mushroom Stronganoff with Egg Noodles (E) (S)	Sweet and Sour Tofu with Garlic Rice (V) (VG)(GF)(DF)
VEGETABLES	Pan Roasted Carrots (V) (VG) (DF) (GF)	Steamed Broccoli (V) (VG) (GF) (DF)	Sauteed Green Peas (V) (VG) (GF) (DF)	Sauteed Snow Peas (V)(VG)(GF)(DF)
SALAD OF THE DAY	SALAD OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL	SALAD OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL	SALAD OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL	SALAD OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL
DESSERT	Madeline (V) (E)	Fruit Pot (V) (VG)(GF)(DF)	Short Bread Cookie (V) (VG)(GF)(DF)	Flapjack (V)

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: 30.09.24 - 03.10.24



MONDAY

TUESDAY

WEDNESDAY

**JAMAICA
THURSDAY**



NON-VEGETARIAN	Beef Chow Mein (S)	Shepherds pie	Thai Baked Dory with Sticky Rice (F) (S) (DF) (GF)	Jerk Chicken with Rice (S)
VEGETARIAN OPTION	Vegetable Chow Mein (V) (S)	Vegetable Shepherds Pie (V)	Thai Baked Eggplant with Sticky Rice (V) (VG) (DF)(S)(GF)	Callaloo with Rice (V) (VG) (DF)
VEGETABLES	Beans Sprout with Edamame (V) (VG)(GF)(DF)	Minted Peas (V)(VG)(DF)(GF)	Steamed Kangkong (V) (VG) (GF) (DF)	Roasted Carrots (V) (VG) (DF)
SALAD OF THE DAY	SALAD OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL	SALAD OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL	SALAD OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL	SALAD OF THE DAY (V)(VG)(DF)(GF) / BREAD ROLL
DESSERT	Fruit Yoghurt (V)	Vanilla Muffin (V) (E)	Plain Overnight Oats with Honey (V)	Fruit Pot (V) (VG)(GF)(DF)

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