



# ICE SCHOOL CANTEEN LUNCH BOX- MENU

**DATES:03.03.2025 - 06.03.2025**



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

NON-VEGETARIAN	Tuna & cucumber bagel (F)	BLT Ciabata	Philly Cheesesteak Wrap	Chicken Caesar Wrap (GF)
VEGETARIAN OPTION	Falafel Wrap (V)	Cheese and Cheddar Cucumber Sandwich (v)	Grilled Halloumi and Mediterranean Vegetables	Cheddar Cheese Ploughman's Wrap (V)
SNACKS	Nature Valley Crunchy Bar (V)	Kracklite Toasted Herbs (V)	Nature Valley Crunchy Bar (V)	Date Bar (V)
SALAD	SALAD OF THE DAY (V)(VG)(GF)(DF)	SALAD OF THE DAY (V)(VG)(GF)(DF)	SALAD OF THE DAY (V)(VG)(GF)(DF)	SALAD OF THE DAY (V)(VG)(GF)(DF)
DESSERT	Grapes Pot (V)(VG)(GF)(DF)	Fresh Banana (V)(VG)(GF)(DF)	Rock Melon Pot (V)(VG)(GF)(DF)	Fruit Yoghurt (V)(VG)(GF)(DF)

**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 CANTEEN LUNCH BOX - MENU

**DATES: 10.03.2025 - 13.03.2025**



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

NON-VEGETARIAN SW	Chicken & Sweetcorn Bagel	Tuna Sandwich (F)	Chicken Tikka Wrap (GF)	Chicken and Nut Free Pesto Ciabatta
VEGETARIAN SW	Cheddar Cheese Cucumber Sandwich (V)	Grilled Halloumi & Mediterranean Vegetable Wrap (V)	Falafel Wrap (V)	Plain Cheese Sandwich (V)
SNACKS	Nature Valley Crunchy Bar (V)	Kracklite Toated Herbs (V)	Nature Valley Crunchy Bar (V)	DATE BAR & FRESH FRUIT SALAD (VG)(GF)
SALAD	SALAD OF THE DAY (V)(VG)(GF)(DF)	SALAD OF THE DAY (V)(VG)(GF)(DF)	SALAD OF THE DAY (V)(VG)(GF)(DF)	SALAD OF THE DAY (V)(VG)(GF)(DF)
DESSERT	Fruit Pot (V)(VG)(GF)(DF)	Apple Pot (V)(VG)(GF)(DF)	Fresh Banana (V)(VG)(GF)(DF)	BLUEBERRY MUFFIN (V) (E)

**AVERAGE CALORIES PER A DAY: 580 - 650 CALORIES**

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# ICE SCHOOL CANTEEN LUNCH BOX - MENU

**DATES: 17.03.2025 - 20.03.2025**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

NON-VEGETARIAN SW	Tuna & Cucumber Roll	BLT Roll	Philly Steak Wrap	Chicken Ceasar Wrap
VEGETARIAN SW	Falafel Wrap (GF)	Cheddar Cheese and Cucumber Sandwich	Grilled Halloumi Wrap	Cheddar Cheese Plougman Wrap
SNACKS	Cucumber Sticks with Hummus	Sunbite Cheese	Kracklite	DATE BAR & FRESH FRUIT SALAD (VG)(GF)
SALAD	SALAD OF THE DAY (V)(VG)(GF)(DF)	SALAD OF THE DAY (V)(VG)(GF)(DF)	SALAD OF THE DAY (V)(VG)(GF)(DF)	SALAD OF THE DAY (V)(VG)(GF)(DF)
DESSERT	Fruit Yoghurt (V)(VG)(GF)(DF)	Mixed Melon Pot (V)(VG)(GF)(DF)	Fresh Banana (V)(VG)(GF)(DF)	Grapes Pot (V)(VG)(GF)(DF)

**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