

ICE SCHOOL - CANTEEN MENU

DATES: 25.08 25 - 28.08.25

MONDAY

TUESDAY

WEDNESDAY

GOURMENT THURSDAY

NON-VEGETARIAN	Fish Cake (F) in Lemon Sauce with Mediterranean Couscous	Honey Glazed Chicken with Garlic Rice	Beef Slider	Chicken Rigatoni
VEGETARIAN OPTION	Mediterranean Vegetables w/ Tomato Couscous (V)	Honey Glazed Tofu with Garlic Rice (V)	Halloumi & Mushroom Slider with Tomato Chutney (V)	Vegetarian Rigatoni (V)
VEGETABLES	Sweet Corn and Carrots (V)(VG)(DF)(GF)	Stir Fry Vegetables (V)(VG)(DF)(GF)	Baked Chips (V)(VG)(GF)(DF)	Steamed Broccoli (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	Classic Caesar Salad (V)(VG)(DF)(GF)
DESSERT	Fruit Yoghurt (V) (VG)(GF)(DF)	Apple Pot (V) (VG)(GF)(DF)	Grapes Pot (V)(VG)(GF)(DF)	Mixed Melon 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) – (F) – Fish /(S) - Contains soya

ICE SCHOOL - CANTEEN MENU

DATES: 01.09.25-04.09.25

MONDAY

TUESDAY

WEDNESDAY

AMERICAN THURSDAY



NON-VEGETARIAN	Beef Fish Nuggets (F) with Baked New Potatoes & Homaemade Tartar Sauce	Chicken Kabsa	Beef Lasagna	Chicken Hot Dog Stuffed Baked Potatoes
VEGETARIAN OPTION	Baked Beans with Baked New Potatoes & Homemade tartar Sauce (V)	Vegetable Kabsa (V)	Vegetarian Lasagna (V)	Vegetarian Jambalaya (V)
VEGETABLES	Sweet Corn and Peas (V) (VG) (DF)(GF)	Sauteed Snow Peas (V)(VG)(DF)(GF)	Pan Roasted Carrots (V)(VG)(GF)(DF)	Southern Corn on the Cob (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	American Coleslaw / Bread Roll (V)(VG)(DF)(GF)
DESSERT	Fruit Yoghurt (V)	Mandarin (V) (VG)(GF)(DF)	Mixed Seasonal Fruit Pot (V)(VG)(DF)(GF)	Apple Pie (V)

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: 08.09.25-11.09.25

MONDAY

TUESDAY

WEDNESDAY

GOURMET THURSDAY



NON-VEGETARIAN	Fish (F) Teriyaki with Egg Noodles	Beef Stroganoff with Mashed Potato	Chicken Tikka with Jeera Rice	Beef Bolognese with Penne Pasta
VEGETARIAN OPTION	Vegetable Teriyaki with Egg Noodles (V) (DF)	Mushroom Stroganoff with MASHed Potato (V)	Vegetable Tikka with Jeera Rice (V)	Tomato Sauce with Penne Pasta (V)
VEGETABLES	Steamed Broccoli (V) (VG)(DF)(GF)	Steamed Snow Peas (V)(VG)(DF)(GF)	Pan Roasted Carrots (V)(VG)(GF)(DF)	Grilled Mediterranean Vegetables (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)
DESSERT	Fruit Yoghurt (V) (VG)(GF)(DF)	Mixed Seasonal Fruit Pot (V)(VG)(GF)(DF)	Grapes Pot (V)(VG)(GF)(DF)	Banana Pudding (V)

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: 15.09.25-18.09.25

MONDAY

TUESDAY

WEDNESDAY

**MEXICAN
THURSDAY**



NON-VEGETARIAN	Fish Machboos with Tomato Sauce	Chicken Alfredo with Fusilli Pasta	Beef Bourguignon with Mashed Potato	Chicken Quesadila w/ Mexican Rice & Beans
VEGETARIAN OPTION	Vegetable Casserole with Steamed Rice (V)	Mushroom Alfredo with Fusilli Pasta	Mushroom Bourguignon with Mashed Potato (V)	Corn Quesadila w/ Mexican Rice & Beans (V)
VEGETABLES	Corn on the Cob (V) (VG)(DF)(GF)	Sauteed Broccoli (V)(VG)(DF)(GF)	French Beans (V)(VG)(GF)(DF)	Sauteed Capsicum w/Sour Yoghurt Mid Mexican Salsa, Grilled Lime (V)
SALAD OF THE DAY	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)
DESSERT	Mixed Melon Pot (V) (VG)(GF)(DF)	Apple Pot (V)(VG)(GF)(DF)	Fresh Banana (V)(VG)(GF)(DF)	Mango Pudding (V)

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: 22.09.25-25.09.25



MONDAY

TUESDAY

WEDNESDAY

GOURMET THURSDAY

NON-VEGETARIAN	Chicken Chow Mein	Fish (F) (Finger with Lemon Rice	Beef Cottage Pie	Baked Chicken Nuggets & Baked Chips with Homemade Tomato Sauce
VEGETARIAN OPTION	Vegetable Chow Mein (V)	Vegetable Stew w/ Lemon Rice (V)	Vegetarian Cotttage Pie (V)	Mac and Cheese (V)
VEGETABLES	Steamed Beans (V) (VG)(DF)(GF)	Steamed Green Peas (V)(VG)(DF)(GF)	Minted Peas (V)(VG)(GF)(DF)	Sweet Corn (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	Classic Potato Salad / BREAD ROLL (V)
DESSERT	Fruit yoghurt (V)	Mixed Melon Pot (V)(VG)(GF)(DF)	Fresh banana (V)(VG)(GF)(DF)	Mixed Seasonal 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) –(F) – Fish /(S) - Contains soya

ICE SCHOOL - CANTEEN MENU

DATES: 29.09.25-02.10.25

MONDAY

TUESDAY

WEDNESDAY

**LEBANESE
THURSDAY**



NON-VEGETARIAN	Chicken Sausage & Mash Potato with Onion Gravy	BAked Fish (F) Nuggets in Pink sauce with Fusilli Pasta	Beef Stir Fry with Egg Noodles	Chicken Shawarma
VEGETARIAN OPTION	Vegetarian Meatballs & Mash Potato with Onion Gravy (V)	Fusilli Pasta in Pink Sauce (V)	Vegetable Stir Fry with Egg Noodles (V)	Falafel Wrap (V)
VEGETABLES	Steamed Carrots (V) (VG)(DF)(GF)	Mediterranean Vegetables with Nut Free Pesto (V)(VG)(GF)(DF)	Broccoli with Edamame (V)(VG)(GF)(DF)	Riz bi Sh'arieh (Lebanese Rice with Vermicelli (V)
SALAD OF THE DAY	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	SALAD OF THE DAY / BREAD ROLL (V)	Garlic Toum,Pickles, Tomato (V)(VG)(GF)(DF) Saj Bread
DESSERT	Fresh Banana (V)(VG)(GF)(DF)	Mixed Melon Pot (V)(VG)(GF)(DF)	Grapes Pot (V)(VG)(GF)(DF)	Ma'amoul (Date Cookies) (V)

AVERAGE CALORIES PER DAY: 580 -650 CALORIES

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