

ICE SCHOOL - CANTEEN MENU

DATES: 06.10 25 - 10.10.25

MONDAY

TUESDAY

WEDNESDAY

**GOURMENT
THURSDAY**

NON-VEGETARIAN	Fish Piccata (F) Lemon Sauce with Baked Potatao	Honey Glazed Chicken with Garlic Rice	Beef Slider	Pollo a La Plancha with Lemon Rice
VEGETARIAN OPTION	Root Vegetables w/Lemon Sauce and Baked Potato	Honey Glazed Tofu with Garlic Rice (V)	Halloumi & Mushroom Slider with Tomato Chutney (V)	Beans Casserole with Lemon Rice
VEGETABLES	Steamed Broccoli (V)(VG)(DF)(GF)	Stir Fry Vegetables (V)(VG)(DF)(GF)	Baked Chips (V)(VG)(GF)(DF)	Broccoli in Hoisin Sauce (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)	Quinoa Salad Honey Lemon Dressing/Bread Roll (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: 13.10.25-17.10.25

MONDAY

TUESDAY

WEDNESDAY

**CUBAN
THURSDAY**



NON-VEGETARIAN	Sweet & SOur Fish with Fragrance Rice	Beef Cottage	Chicken Stir -fry Egg Noodles	Cuban Picadillo with Fragrance Rice
VEGETARIAN OPTION	Sweet & SOur Tofu with Fragrance Rice	Vegetable Cottage (v)	Tofu Stir -Fry Egg Noodles (V)	Carribean Sweet Potato Stew with Fragrance Rice (V)
VEGETABLES	Snow Peas (V) (VG) (DF)(GF)	Minted Peas (V)(VG)(DF)(GF)	Mediterranean Vegetables with Nut free Pesto (V)(VG)(GF)(DF)	Saute ‘ Black Beans
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)	Carribean Sweet Potato Stew with Fragrance Rice (V)
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: 20.10.25-25.10.25

MONDAY

TUESDAY

WEDNESDAY

GOURMET THURSDAY

NON-VEGETARIAN	Beef Bolognese with Penne Pasta	Chicken Tikka with Jeera Rice	Baked Fish (F) Nuggets in Pink Sauce with Fusilli Pasta	Chicken Broccoli Fettucine
VEGETARIAN OPTION	Tomato Sauce with Penne Pasta	Vegetable Tikka with Jeera Rice (V)	Fusilli Pasta in Pink Sauce (V)	Creamy Fettucine with Mushroom
VEGETABLES	Grilled Mediterranean Vegetables (V) (VG)(DF)(GF)	Pan Roasted Carrots (V)(VG)(DF)(GF)	Mediterranean Vegetables with Nut free Pesto (V)(VG)(GF)(DF)	Saute' Green Beans (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)	Arugula Salad with Lemon Dressing /Bread Roll
DESSERT	Fruit Yoghurt (V) (VG)(GF)(DF)	Mixed Seasonal Fruit Pot (V)(VG)(GF)(DF)	Grapes Pot (V)(VG)(GF)(DF)	Dessert of the day (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: 27.10.25-31.10.25

MONDAY	TUESDAY	WEDNESDAY	UK THURSDAY
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NON-VEGETARIAN	Fish (F) Stir -Fry Steamed Rice	Beef Bourguignon with MASHed Potato	Chicken Alfredo with Fusilli Pasta (V)	Shepherds Pie
VEGETARIAN OPTION	Vegetable Stir - Fry with Steamed Rice (V)	Mushroom Bourguignon with MASHed Potato (V)	Mushroom Alfredo with Fusilli Pasta (V)	Root Vegetable Pie (V)
VEGETABLES	Corn on the Cob (V) (VG)(DF)(GF)	French Beans (V)(VG)(DF)(GF)	Sauteed Broccoli (V)(VG)(GF)(DF)	Honey Glazed Roasted Carrots
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)	Nut Free English Garden Salad
DESSERT	Mixed Melon Pot (V) (VG)(GF)(DF)	Apple Pot (V)(VG)(GF)(DF)	Fresh Banana (V)(VG)(GF)(DF)	Cuban Banana Fritter

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: 03.11.25-07.11.25

	MONDAY	TUESDAY	WEDNESDAY	GOURMET THURSDAY
NON-VEGETARIAN	Baked Chicken Nuggets and Baked Chips with Homamede Tomato Sauce	Beef Lasagna	Fish (F) Fingers with Lemon Rice	Zuchinni beef meatballs,red pepper tomato sauce with steamed rice
VEGETARIAN OPTION	Mac and Cheese	Vegetarian Lasagna (V)	Vegetable Stew w/Lemon Rice (V)	Nut free pesto Rigatoni with Roasted Tomatoes
VEGETABLES	Sweet Corn (V) (VG)(DF)(GF)	Pan Roasted Carrots (V)(VG)(DF)(GF)	Steamed Green Peas (V)(VG)(GF)(DF)	Steamed Snow Peas
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)	SAntipasteo Chickpea Salad Balsamic Vinaigrette
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: 10.11.25-14.11.25

MONDAY

TUESDAY

WEDNESDAY

CHINA
THURSDAY



NON-VEGETARIAN	Beef Stronganoff with Mashed Potato	Chicken Kabsa	Fish (F) Teriyaki with Noodles	Meet Yang Chow
VEGETARIAN OPTION	Mushroom Stronganoff with Mashed Potato (v)	Vegetable Kabsa	Vegetable Teriyaki with Egg Noodles (V)	Vegetable Yang Chow (V)
VEGETABLES	Steamed Snow Peas (V) (VG)(DF)(GF)	Sauteed Snow Peas (V)(VG)(DF)(GF)	Steamed Broccoli (V)(VG)(GF)(DF)	Stir - Fry kangkong
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)	Mixed Salad Maple Citrus Dressing (V) Bread Roll
DESSERT	Fresh Banana (V)(VG)(GF)(DF)	Mixed Melon Pot (V)(VG)(GF)(DF)	Grapes Pot (V)(VG)(GF)(DF)	Dessert of the day

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