

ICE SCHOOL - CANTEEN MENU

DATES: 17.11 25 - 21.11.25

MONDAY

TUESDAY

WEDNESDAY

GOURMENT THURSDAY

NON-VEGETARIAN	Fish Piccata (F) Lemon Sauce with Baked Potatao	Honey Glazed Chicken with Garlic Rice	Beef Slider	Truffle & Chicken Rigatori Pasta
VEGETARIAN OPTION	Root Vegetables w/Lemon Sauce and Baked Potato	Honey Glazed Tofu with Garlic Rice (V)	Halloumi & Mushroom Slider with Tomato Chutney (V)	Truffle & Mushroom Rigatorni Pasta (V)
VEGETABLES	Steamed Broccoli (V)(VG)(DF)(GF)	Stir Fry Vegetables (V)(VG)(DF)(GF)	Baked Chips (V)(VG)(GF)(DF)	Lemon Zest & Olive Oil Steamed Broccoli (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)	Winter Chickepea Salad with Romaine & Vine Tomatoes (V) Crusty baguette
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: 24.11.25-28.11.25

MONDAY

TUESDAY

WEDNESDAY

FESTIVE THURSDAY

NON-VEGETARIAN	Sweet & SOur Fish with Fragrance Rice	Beef Cottage	Chicken Stir -fry Egg Noodles	Roast turkey breast, mashed potato turkey gravy
VEGETARIAN OPTION	Sweet & SOur Tofu with Fragrance Rice	Vegetable Cottage (v)	Tofu Stir -Fry Egg Noodles (V)	Herb roasted cauliflower steak mashed potato, turkey gravy (V)
VEGETABLES	Snow Peas (V) (VG) (DF)(GF)	Minted Peas (V)(VG)(DF)(GF)	Mediterranean Vegetables with Nut free Pesto (V)(VG)(GF)(DF)	Roasted root 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)	Mandarin (V) (VG)(GF)(DF)	Mixed Seasonal Fruit Pot (V)(VG)(DF)(GF)	Sticky Toffee Pudding (V)

AVERAGE CALORIES PER DAY: 580 -650 CALORIES

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ICE SCHOOL - CANTEEN MENU

DATES: 01.12.25-05.12.25



MONDAY

TUESDAY

WEDNESDAY

PHILIPPINES THURSDAY



NON-VEGETARIAN	Beef Bolognese with Penne Pasta	Chicken Tikka with Jeera Rice	Baked Fish (F) Nuggets in Pink Sauce with Fusilli Pasta	Chicken Menudo with steam Rice
VEGETARIAN OPTION	Tomato Sauce with Penne Pasta	Vegetable Tikka with Jeera Rice (V)	Fusilli Pasta in Pink Sauce (V)	Pancit Guisado (stir-fried Noodles)(V)
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)	Steamed 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)	Maja Blanca (V)

AVERAGE CALORIES PER DAY: 580 -650 CALORIES

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