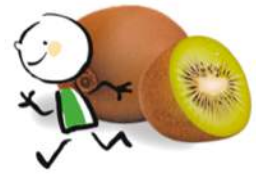


The Canteen You .



LUNCH MENU 14 - 18 November

Early Years, Grade 1 and 2

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Pastina</i> in vegetable broth	Risotto with <i>ragù</i>	Bean soup with <i>pastina</i>	<i>Gnochetti sardi</i> with pesto	<i>Mezze penne</i> with tuna
Roast pork	Mini potato cakes	Breaded chicken bites	Mini hamburger	Oven-baked fish nuggets
Peas	Baby swiss chard	Steamed green beans with olive oil	Mashed potatoes	Baby carrots with olive oil
Fresh seasonal fruit	Banana	Fruit yogurt	Fruit juice	Fresh seasonal fruit

Elementary, Grades 3 to 6

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Raviolini</i> in broth	Risotto with <i>ragù</i>	Bean soup with <i>pastina</i>	Pasta or rice with pesto	<i>Mezze penne</i> with tuna
Roast pork	Potato and parmesan medallions	Chicken, ham and mozzarella roulade	Hamburger	Oven-baked fish nuggets
Peas	Tomato and sweet corn salad	Steamed green beans with olive oil	Oven-baked potatoes and salad	Baby carrots with olive oil
Fresh seasonal fruit	Banana	Fruit yogurt	Fruit juice	Fresh seasonal fruit

Middle/High School

A healthy self-service canteen is available to Middle and High School students. The menu published below features next week's hot dishes.

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Raviolini</i> in broth + alternative	Risotto with <i>ragù</i> + alternative	Pasta <i>alla boscaiola</i> + alternative	Pasta with tuna + alternative	Pasta with tuna + alternative
Roast pork + alternative	Potato and parmesan medallions + alternative	Chicken, ham and mozzarella roulade + alternative	Mozzarella bites + alternative	Fish au gratin + alternative
Peas and ham + alternative	Tomato and sweet corn salad + alternative	Steamed green beans with olive oil + alternative	Tomato and green bean salad + alternative	Grilled vegetables + alternative
Fresh seasonal fruit + alternative	Banana + alternative	Fruit yogurt + alternative	Fruit juice + alternative	Fresh seasonal fruit + alternative