

WEEKLY MENU

Week of 4 November

Magical Monday

- Fusilli pasta Mediterranean with roasted vegetables
- Fusilli with chives, herbs and olive oil
- Green salad
- Fresh fruit

Joyful Tuesday

- Beef burrito (lean ground beef, burrito spices, tomato, corn, paprika, onions, red beans)
- Veggie burrito
- Served on whole wheat wraps with grated cheese and green salad
- Yogurts or fresh fruit

Wonderful Wednesday

- Crumbed chicken breast strips
- Veggie crumbed chicken
- Fresh fruit

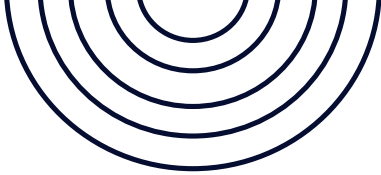
Sunny Thursday

- BSA's famous carbonara with ham and bacon
- BSA's famous veggie carbonara with cream cheese
- Served with salad
- Fresh fruit

Happy Friday

- Fish fingers
- Vegan fish fingers
- Served with oven fries and a green salad
- Yogurts and fresh fruit





WEEKLY MENU

Week of 11 November

Magical Monday

- Spaghetti with tomato and veggie meatballs
- Spaghetti with basil, herbs and olive oil penne
- Served with fresh green salad
- Fresh fruit

Joyful Tuesday

- Beef sausage
- Veggie sausage
- Served with mashed potato, paprika gravy and carrots
- Green salad

Wonderful Wednesday

- Indonesian bami with chicken
- Veggie Indonesian bami
- Served with green salad
- Fresh fruit

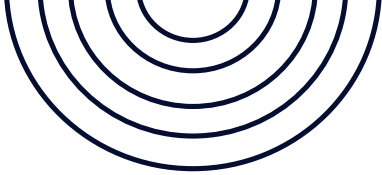
Sunny Thursday

- Dutch meatballs in rich gravy
- Vegan balls
- Served with boiled potatoes and peas
- Yogurts and fresh fruit

Happy Friday

- Hotdogs (chicken or pork)
- Veggie hotdogs
- Served with oven wedges and green salad
- Yogurts and fresh fruit





WEEKLY MENU

Week of 18 November

Magical Monday

- Penne napoli
- Fusilli with chives, herbs and olive oil
- Served with parmesan cheese and fresh green salad
- Fresh fruit

Joyful Tuesday

- Taco Tuesday (beef)
- Veggie Taco Tuesday
- Served with grated cheese, sour cream and green salad
- Yogurts and fresh fruit

Wonderful Wednesday

- Yakitori chicken satays
- Veggie satays
- Served with mekong rice, atjar, and green salad
- Fresh fruit

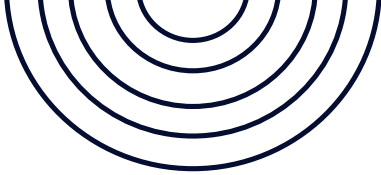
Sunny Thursday

- Chicken or pork gyros (strips with gyros spices, onion, and paprika)
- Veggie gyros
- Served with pita bread, tzatziki, tomato, onion and green salad
- Fresh fruit

Happy Friday

- Chicken or pork schnitzel
- Vegan schnitzel
- Served with wedges and hunter's sauce
- Fresh fruit and yogurts





WEEKLY MENU

Week of 25 November

Magical Monday

- Fusilli pasta with cherry & sundried tomato
- Fusilli with chives, herbs, and olive oil
- Served with green salad
- Fresh fruit

Joyful Tuesday

- Traditional beef cottage pie
- Vegan cottage pie
- Served with peas and green salad
- Yogurts or fresh fruit

Wonderful Wednesday

- BBQ chicken breasts
- Veggie BBQ chicken
- Fresh fruit

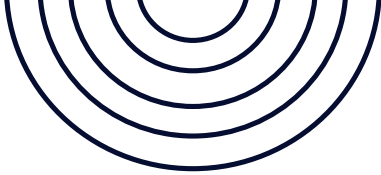
Sunny Thursday

- BSA's famous carbonara with ham and bacon
- BSA's famous veggie carbonara with cream cheese
- Served with salad
- Fresh fruit

Happy Friday

- Fish cakes
- Vegan fish cakes
- Served with oven fries and green salad
- Fruit yogurts & fresh fruit





WEEKLY MENU

Week of 2 December

Magical Monday

- Spaghetti with tomato and veggie meatballs
- Penne with basil, herbs and olive oil
- Served with fresh green salad
- Fresh fruit

Joyful Tuesday

- Taco tuesday (chicken)
- Vegan chicken taco
- Served with Green salad, grated cheese, crème fraîche
- Yogurts and fresh fruit

Wonderful Wednesday

- Indonesian pulled chicken or beef nasi
- Veggie nasi
- Served with green salad
- Fresh fruit

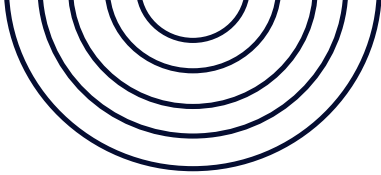
Sunny Thursday

- 'Sinterklaas' - Special event; morning school only

Happy Friday

- Chicken burgers
- Veggie burgers
- Served with oven wedges and green salad
- Yogurts and fresh fruit





WEEKLY MENU

Week of 9 december

Magical Monday

- Penne Napoli
- Fusilli with chives, herbs and olive oil
- Served with parmesan cheese and fresh green salad
- Fresh fruit

Joyful Tuesday

- Beef moussaka
- Veggie moussaka
- Served with green salad
- Fresh fruit and yogurts

Wonderful Wednesday

- BBQ chicken satays
- Veggie satays
- Served with nasi, atjar and green salad
- Fresh fruit

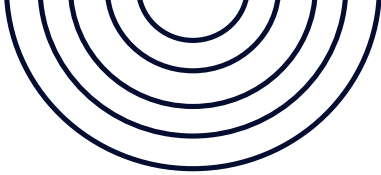
Sunny Thursday

- Chicken or pork gyros (strips with gyros spices, onion, and paprika)
- Veggie gyros
- Served with pita bread, tzatziki, tomato, onion and green salad
- Fresh fruit

Happy Friday

- Chicken or pork schnitzel
- Vegan schnitzel
- Served with wedges and hunter's sauce
- Fresh fruit and yogurts





WEEKLY MENU

Week of 16 December

Magical Monday

- Fusilli mac & cheese
- Fusilli with chives, herbs and olive oil
- Green salad
- Fresh fruit

Joyful Tuesday

- Beef burrito (lean ground beef, burrito spices, tomato, corn, paprika, onions, red beans)
- Veggie burrito
- Served on whole wheat wraps with grated cheese and green salad
- Yogurts or fresh fruit

Wonderful Wednesday

- Crumbed chicken breast strips
- Veggie crumbed chicken
- Fresh fruit

Sunny Thursday

- BSA's famous carbonara with ham and bacon
- BSA's famous veggie carbonara with cream cheese
- Served with salad
- Fresh fruit

Happy Friday

- Last day of the autumn term; morning school only

