











MIDDLE AND UPPER SCHOOL MENU AUGUST & SEPTEMBER 2010



Try the *Plat du Jour* freshly made by our chefs each day

	30-Aug	6-Sep	13-Sep	20-Sep	27-Sep	
Monday	SCHOOL CLOSED	 salad bar sushi bar ciabatta bar CORDON BLEU STEAMED POTATOES FRENCH BEANS fruits bar and desserts	 salad bar sushi bar ciabatta bar FRESH PASTA ZUCCHINI SHRIMP fruits bar and desserts	 salad bar sushi bar ciabatta bar HOT TAGLIATELLES ARTICHOKES HOUSEDRESSING fruits bar and desserts	 salade bar sushi bar ciabatta bar TURKEY STEAK MIXED PASTA TOMATO AND ZUCCHINI fruits bar and desserts	 salade bar sushi bar ciabatta bar DIAVOLA PIZZA MIXED LEAF SALAD GARLIC BREAD fruits bar and desserts
Tuesday	SCHOOL CLOSED	 salade bar sushi bar bagel bar PENNE RIGATE "ALLA BOLOGNESE" PARMESAN CHEESE fruits bar and desserts	 salad bar sushi bar bagel bar VEAL CAULIFLOWER GRATIN RICE fruits bar and desserts	 salad bar sushi bar bagel bar COLD ROASTED BEEF FRENCH FRIES BEANS fruits bar and desserts	 salad bar sushi bar bagel bar DUCK MAGRET HOMEMADE RISOTTO MUSHROOMS fruits bar and desserts	 salad bar sushi bar bagel bar MONKFISH CURRY BASMATI RICE BEANS fruits bar and desserts
Wednesday	SCHOOL CLOSED	 salade bar sushi bar panini bar ROASTED CHICKEN BOULGHOUR TURNIP fruits bar and desserts	 salad bar sushi bar panini bar BEEFBURGER FRENCH FRIES BEANS fruits bar and desserts	 salad bar sushi bar panini bar YAKITORI BROCHETTE SAFFRON RICE CARROTS fruits bar and desserts	 salad bar sushi bar panini bar RUMSTEAK PAVE HOMEMADE VEGETABLES PUREE fruits bar and desserts	 salad bar sushi bar panini bar GRILLED LAMB MIXED VEGETABLES fruits bar and desserts
Thursday	 salade bar sushi bar ciabatta bar BBQ CHICKEN WINGS FRENCH FRIES CARROT STICKS fruits bar and desserts	 salade bar sushi bar bagel bar GRILLED MEATBALLS PAPILLON PASTA BROCCOLI fruits bar and desserts	 salad bar sushi bar bagel bar SAUSAGE MASHED POTATOES KIDNEY BEANS fruits bar and desserts	 salad bar sushi bar bagel bar GRILLED SALMON CAULIFLOWERS GRATIN PEAS fruits bar and desserts	 salad bar sushi bar bagel bar CHICKEN NUGGETS FRENCH FRIES GOURMANDS PEAS fruits bar and desserts	 salad bar sushi bar bagel bar HOME MADE CROQUE MONSIEUR MIXED COQUILLETES CARROTS fruits bar and desserts
Friday	 salade bar sushi bar ciabatta bar CHICKEN BREAST PEAS RICE fruits bar and desserts	 salade bar sushi bar pizza bar HOKI FILET QUINOA RICE fruits bar and desserts	 salad bar sushi bar pizza bar GRILLED TUNA CREOLE RICE RATATOUILLE fruits bar and desserts	 salad bar sushi bar pizza bar CHILI CON CARNE RICE FAJITAS fruits bar and desserts	 salad bar sushi bar pizza bar TAGLIATELLE ALLA CARBONARA PARMESAN CHEESE ASPARTAGUS fruits bar and desserts	