



ST. PATRICK'S
INTERNATIONAL
SCHOOL

Achieving Excellence Together

WINTER MENU

	Week 1	Week 2	Week 3	Week 4	Dessert	Afternoon snack
Monday	Rice with seasonal vegetables. Baked fish with potatoes and onions	Wholegrain rice served with home-made tomato sauce and grated cheese. Baked turkey in seasonal vegetables and mushrooms in the oven.	Vegetable broth with rice pasta. Baked fresh fish with broccoli and melted cheese.	Veggie "paella". Baked chicken and cauliflower cheese sauce.	Seasonal fresh fruit.	Almond milk (no added sugar) with wholegrain biscuits.
Tuesday	Carrot, fennel and leek soup. Chicken burger with baked sweet potato.	Courgette, onion and beetroot soup. Grilled chicken breast with sweet potato fries.	Sweet-potato and cinnamon soup. Baked turkey/chicken with home-made vegetable sauce.	Pumpkin, broccoli and potato soup. Turkey-burger/balls served in home-made tomato sauce.	Seasonal fresh fruit.	Rice or corn crackers.
Wednesday	Red lentil (dahl) soup with cream/coconut milk. Battered fish served with baked root-vegetables.	Sautéed chickpeas with seasonal vegetables (cabbage and potato). Baked cod slices.	White beans sautéed with courgette and mild paprika. White fish fillets marinade in lemon juice and served with chips.	Legume pasta served with home-made vegetable sauce (no cheese, no tomatoes). Baked fresh fish with seasonal vegetables.	Seasonal fresh fruit.	"La Fageda" artisan natural flavour yoghurt
Thursday	Bone broth. Veggie-burger and vegetables served with chips.	Quinoa with seasonal vegetables. Tofu sausages served in home-made vegetable sauce.	Wholegrain rice served with home-made tomato sauce. Baked beef slices with seasonal vegetables.	Fish bone-broth/soup. Pork-sausages served with sweet-potato chips.	"La Fageda" artisan natural flavour yoghurt	Seasonal fresh fruit.
Friday	Pasta with diced vegetables served with melted cheese. Pork-chop baked with vegetables and mushrooms.	Bone broth served with wholegrain pasta. Beef-burger with baked vegetables and potatoes.	Pasta bolognese. Veggie-burger with tofu and vegetables	Wholegrain pasta with diced vegetables and melted cheese. Veggie-burger with mushrooms.	Seasonal fresh fruit.	Wholegrain fresh bread served with chocolate chunks.