

# EIFA International School

## Hot Lunch Programme/Summer Term 2019

Week commencing 22<sup>nd</sup> April

Monday

**EASTER MONDAY / NO SCHOOL**

Tuesday (St. Georges Day)

Chicken pie, baby new potatoes, broccoli & glazed carrots

**ALLERGENS: MIL, WHE**

Leek & cheddar pie, baby new potatoes, broccoli & carrots (v)

**ALLERGENS: WHE, MIL,**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Seasonal fruit salad

Wednesday

Slow cooked beef casserole, gnocchi, spring green vegetables, lemon butter

**ALLERGENS: MIL, WHE**

Spinach & sun blushed tomato risotto stuffed peppers, spring green vegetables, lemon butter (v)

**ALLERGENS: MIL, WHE, EGG**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Banana

Thursday

Haddock fish fingers, potato wedges, sweetcorn, carrots & lemon (ketchup sachets)

**ALLERGENS: FIS, WHE, EGG, CEL, MIL**

Butternut & feta croquettes, potato wedges, sweetcorn, carrots (v) (ketchup sachets)

**ALLERGENS: WHE, EGG, CEL, MIL**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Chocolate fruity flap jacks

**ALLERGENS: MIL, SOY**

Seasonal fruit bowl

Friday



Sticky Asian chicken noodles, vegetable spring roll

**ALLERGENS: WHE, EGG, SOY**

Sticky tofu & aubergine noodles, vegetable spring roll (v)

**ALLERGENS: WHE, EGG, SOY**

Prawn crackers

**ALLERGENS: WHE, CRU**

Mini raspberry & lemon cupcakes

**ALLERGENS: WHE, MIL, EGG**

Seasonal fruit bowl

**Week commencing 29<sup>th</sup> April**

**Monday**

Chicken parmigiana, pasta al pomodoro  
**ALLERGENS: WHE, CEL, MIL, EGG**  
Aubergine parmigiana, pasta al pomodoro (v)  
**ALLERGENS: WHE, EGG, CEL, MIL**  
Wholegrain/white baguette slice  
**ALLERGENS: WHE**  
Crudités with a selection of dips (v)  
**ALLERGENS: SES**  
Fruit yoghurt  
**ALLERGENS: MIL**  
Seasonal fruit bowl

**Tuesday**

Steak haché, potato croquettes, glazed carrots, corn on the cob (ketchup sachets)  
**ALLERGENS: WHE, CEL, MIL**  
Courgette burgers, potato croquettes, glazed carrots, corn on the cob (v) (ketchup sachets)  
**ALLERGENS: EGG, MIL, CEL**  
Wholegrain/white baguette slice  
**ALLERGENS: WHE**  
Seasonal fruit salad

**Wednesday**

Souvlaki chicken skewers, pilaf rice, flat bread, tzatziki  
**ALLERGENS: WHE, MIL,**  
Halloumi & vegetable skewers, pilaf rice, flat bread, tzatziki (v)  
**ALLERGENS: WHE, CEL, MIL**  
Greek salad  
**ALLERGENS: MIL**  
Banana

**Thursday**

Honey & soy glazed salmon, crunchy veg noodles, broccoli & lime  
**ALLERGENS: FIS, WHE, EGG, CEL, MIL**  
Honey & soy glazed tofu, crunchy veg noodles, broccoli (v)  
**ALLERGENS: CEL**  
Wholegrain/white baguette slice  
**ALLERGENS: WHE**  
Banana & chocolate loaf  
**ALLERGENS: MIL, WHE, EGG, SOY**  
Seasonal fruit bowl

**Friday**

Moroccan meatballs, jewelled couscous, flat bread, mint yoghurt  
**ALLERGENS: WHE, MIL**  
Moroccan spiced vegetarian kofta, jewelled couscous, flat bread, mint yoghurt (v)  
**ALLERGENS: WHE, MIL**  
Greek salad (v)  
**ALLERGENS: MIL**  
Wholegrain/white baguette slice  
**ALLERGENS: WHE**  
Mini lemon cakes  
**ALLERGENS: WHE, EGG, MIL**  
Seasonal fruit bowl

**Week commencing 6<sup>th</sup> May**

**Monday**

**BANK HOLIDAY**

**Tuesday**

**Cajun chicken Jambalaya**

**ALLERGENS: CEL**

**Asparagus, feta & new potato tortilla, Mediterranean roast veg (v)**

**ALLERGENS: MIL, EGG**

**Salad of cucumber slices, shredded carrot, sweetcorn, cherry tomatoes with Caesar dressing.**

**ALLERGENS: EGG, MIL, SUL, MUS**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Seasonal fruit salad**

**Wednesday**

**Steak pie, baby new potatoes, glazed carrots, broccoli**

**ALLERGENS: CEL, MIL, WHE, EGG**

**Sweet potato & goat's cheese pie, baby new potatoes, glazed carrots, broccoli (v)**

**ALLERGENS: WHE, MIL, EGG**

**Wholegrain/white baguette slice**

**ALLERGENS: WHE**

**Banana**

**Thursday**

**Sweet chilli glazed salmon, egg fried wholemeal rice, vegetable stir fry**

**ALLERGENS: WHE, EGG, FIS, MIL**

**Sweetcorn fritters, egg fried wholemeal rice, vegetable stir fry (v)**

**ALLERGENS: WHE, EGG, MIL,**

**Thai spiced crackers (v)**

**ALLERGENS: WHE, EGG, CEL**

**Chocolate fruity flapjacks**

**ALLERGENS: WHE, MIL, SOY**

**Seasonal fruit bowl**

**Friday**



**Buttermilk fried chicken, potato wedges, corn on the cob**

**ALLERGENS: WHE, MIL**

**Butternut mac n cheese, corn on the cob**

**ALLERGENS: WHE, MIL**

**Brownies**

**ALLERGENS: WHE, MIL, SOY**

**Seasonal fruit bowl**

**Week commencing 13<sup>th</sup> May**

**Monday**

Grilled chicken skewers, broccoli pesto pasta  
**ALLERGENS: CEL, MIL, WHE**  
Tomato & mozzarella arancini, broccoli pesto pasta (v)  
**ALLERGENS: CEL, MIL, WHE**  
Crudités with a selection of dips (v)  
**ALLERGENS:**  
Wholegrain/white baguette slice  
**ALLERGENS: WHE**  
Fruit yoghurt  
**ALLERGENS: MIL**  
Seasonal fruit bowl

**Tuesday**

Beef stroganoff, pilaf rice, green beans & carrots  
**ALLERGENS: MIL, SUL, MUS**  
Butternut stroganoff, steamed rice, green beans & carrots (v)  
**ALLERGENS: CEL, MIL**  
Wholegrain/white baguette slice  
**ALLERGENS: WHE**  
Seasonal fruit salad

**Wednesday**

Chicken cacciatore, roast new potatoes, spring green vegetables, lemon butter  
**ALLERGENS: CEL, MIL**  
Roast vegetable goat's cheese pasta bake, spring green vegetables, lemon butter (v)  
**ALLERGENS: CEL, MIL, WHE**  
Wholegrain/white baguette slice  
**ALLERGENS: WHE**  
Banana

**Thursday**

Salmon nuggets, sweet potato fries, sweetcorn & carrots, lemon (ketchup sachets)  
**ALLERGENS: FIS, WHE, EGG, CEL, MIL**  
Vegetarian nuggets, sweet potato fries, sweetcorn & carrots (ketchup sachets) (v)  
**ALLERGENS: WHE, EGG, CEL, MIL**  
Wholegrain/white baguette slice  
**ALLERGENS: WHE**  
Chocolate & banana loaf  
**ALLERGENS: WHE, EGG, SOY, MIL**  
Seasonal fruit bowl

**Friday.**



Chicken quesadilla, Mexican rice, sweetcorn fritters  
**ALLERGENS: WHE, MIL, EGG**  
Sweet potato & spinach quesadilla, Mexican rice, sweetcorn fritters (v)  
**ALLERGENS: WHE, MIL**  
Tortilla chips  
**ALLERGENS: MIL**  
Mini strawberry cakes  
**ALLERGENS: WHE, MIL, EGG,**  
Seasonal fruit bowl

**Week commencing 20<sup>th</sup> May**

**Monday**

Beef meatballs, pasta al pomodoro

**ALLERGENS: WHE, MIL,**

Courgette & ricotta polpette, pasta al pomodoro (v)

**ALLERGENS: WHE, MIL,**

Mozzarella, cherry tomato & cucumber salad (v)

**ALLERGENS: MIL**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Fruit yoghurt

**ALLERGENS: MIL**

Seasonal fruit bowl

**Tuesday**

Teriyaki chicken skewers, egg fried wholemeal rice, vegetable stir fry

**ALLERGENS: SOY, EGG, WHE**

Teriyaki aubergine skewers, egg fried wholemeal rice, vegetable stir fry(v)

**ALLERGENS: SOY, EGG, WHE**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Seasonal fruit salad

**Wednesday**

Pastitsio (Greek pasta bake)

**ALLERGENS: WHE, EGG, MIL, CEL**

Vegetarian lentil Pastitsio (v)

**ALLERGENS: MIL**

Greek salad

**ALLERGENS: MIL**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Banana

**Thursday**

Breaded haddock, potato wedges, sweetcorn & carrots, lemon (ketchup sachets)

**ALLERGENS: FIS, WHE, EGG, MIL**

Leek & cheddar croquettes, potato wedges, sweetcorn & carrots (ketchup sachets) (v)

**ALLERGENS: MIL, WHE, EGG**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Fruity chocolate flapjacks

**ALLERGENS: WHE, EGG, SOY, MIL**

Seasonal fruit bowl

**Friday**

Chicken curry, steamed rice, naan bread, onion bhaji

**ALLERGENS: WHE, MIL**

Vegetable curry, steamed rice, naan bread, onion bhaji

**ALLERGENS: WHE, MIL, CEL**

Mini orange cakes

**ALLERGENS: WHE, EGG, MIL**

Seasonal fruit bowl

**Week commencing 3<sup>rd</sup> June**

**Monday**

Slow cooked shredded beef ragu with penne pasta

**ALLERGENS: WHE, MIL, CEL, EGG**

Spinach & ricotta ravioli, creamy pesto sauce (v)

**ALLERGENS: WHE, MIL**

Wholegrain/white baguette slice

**ALLERGENS: WHE, MIL**

Crudités with a selection of dips (v)

**ALLERGENS: SES**

Fruit yoghurt

**ALLERGENS: MIL**

Seasonal fruit bowl

**Tuesday**

BBQ chicken, potato wedges, corn on the cob

**ALLERGENS: CEL, MIL**

Crumbed halloumi, potato wedges, corn on the cob (v)

**ALLERGENS: MIL, WHE, EGG**

Salad of cucumber slices, shredded carrot, sweetcorn & cherry tomato with Caesar dressing

**ALLERGENS: EGG, MIL, SUL, MUS**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Seasonal fruit salad

**Wednesday**

Greek meatballs with tomato orzo pasta

**ALLERGENS: MIL, CEL, WHE**

Spinach & ricotta filo pie (v)

**ALLERGENS: MIL, WHE, EGG**

Greek salad

**ALLERGENS: MIL**

Pitta bread

**ALLERGENS: WHE**

Banana

**Thursday**

Lemon butter roast salmon, Mediterranean roast vegetables, gnocchi, basil dressing

**ALLERGENS: FIS, WHE, EGG**

Crispy goat's cheese balls, Mediterranean roast vegetables, gnocchi, basil dressing (v)

**ALLERGENS: WHE, EGG, MIL**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Chocolate & banana loaf

**ALLERGENS: WHE, EGG, SOY, MIL**

Seasonal fruit bowl

**Friday**



Chicken katsu curry, steamed rice, crunchy carrots

**ALLERGENS: WHE, MIL, EGG**

Sweet potato & butternut katsu curry, steamed rice, crunchy carrots (v)

**ALLERGENS: WHE, MIL**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Raspberry & lemon cupcakes

**ALLERGENS: WHE, EGG, MIL**

Seasonal fruit bowl

**Week commencing 10<sup>th</sup> June**

**Monday**

Chicken parmigiana, pasta al pomodoro  
**ALLERGENS: WHE, CEL, MIL, EGG**  
Aubergine parmigiana, pasta al pomodoro (v)  
**ALLERGENS: WHE, EGG, CEL, MIL**  
Wholegrain/white baguette slice  
**ALLERGENS: WHE**  
Crudités with a selection of dips (v)  
**ALLERGENS: SES**  
Fruit yoghurt  
**ALLERGENS: MIL**  
Seasonal fruit bowl

**Tuesday**

Steak haché, potato croquettes, glazed carrots, corn on the cob (ketchup sachets)  
**ALLERGENS: WHE, CEL, MIL**  
Courgette burgers, potato croquettes, glazed carrots, corn on the cob (v) (ketchup sachets)  
**ALLERGENS: EGG, MIL, CEL**  
Wholegrain/white baguette slice  
**ALLERGENS: WHE**  
Seasonal fruit salad

**Wednesday**

Souvlaki chicken skewers, pilaf rice, flat bread, tzatziki  
**ALLERGENS: WHE, MIL,**  
Halloumi & vegetable skewers, pilaf rice, flat bread, tzatziki (v)  
**ALLERGENS: WHE, CEL, MIL**  
Greek salad  
**ALLERGENS: MIL**  
Banana

**Thursday**

Honey & soy glazed salmon, crunchy veg noodles, broccoli & lime  
**ALLERGENS: FIS, WHE, EGG, CEL, MIL**  
Honey & soy glazed tofu, crunchy veg noodles, broccoli (v)  
**ALLERGENS: CEL**  
Wholegrain/white baguette slice  
**ALLERGENS: WHE**  
Banana & chocolate loaf  
**ALLERGENS: MIL, WHE, EGG, SOY**  
Seasonal fruit bowl

**Friday**



Moroccan meatballs, jewelled couscous, flat bread, mint yoghurt  
**ALLERGENS: WHE, MIL**  
Moroccan spiced vegetarian kofta, jewelled couscous, flat bread, mint yoghurt (v)  
**ALLERGENS: WHE, MIL**  
Greek salad (v)  
**ALLERGENS: MIL**  
Wholegrain/white baguette slice  
**ALLERGENS: WHE**  
Mini lemon cakes  
**ALLERGENS: WHE, EGG, MIL**  
Seasonal fruit bowl

**Week commencing 17<sup>th</sup> June**

**Monday**

Baked ziti with chicken & mozzarella  
**ALLERGENS: WHE, MIL,**  
Baked ziti with roast red peppers, spinach & ricotta (v)  
**ALLERGENS: WHE, MIL,**  
Wholegrain/white baguette slice  
**ALLERGENS: WHE**  
Mozzarella, cherry tomato & cucumber salad (v)  
**ALLERGENS: MIL**  
Fruit yoghurt  
**ALLERGENS: MIL**  
Seasonal fruit bowl

**Tuesday**

Cajun chicken Jambalaya  
**ALLERGENS: CEL**  
Asparagus, feta & new potato tortilla, Mediterranean roast veg (v)  
**ALLERGENS: MIL, EGG**  
Salad of cucumber slices, shredded carrot, sweetcorn, cherry tomatoes with Caesar dressing  
**ALLERGENS: EGG, MIL, SUL, MUS**  
Wholegrain/white baguette slice  
**ALLERGENS: WHE**  
Seasonal fruit salad


**Wednesday**

Steak pie, baby new potatoes, glazed carrots, broccoli  
**ALLERGENS: CEL, MIL, WHE, EGG**  
Sweet potato & goat's cheese pie, baby new potatoes, glazed carrots, broccoli (v)  
**ALLERGENS: WHE, MIL, EGG**  
Wholegrain/white baguette slice  
**ALLERGENS: WHE**  
Banana

**Thursday**

Sweet chilli glazed salmon, egg fried wholemeal rice, vegetable stir fry  
**ALLERGENS: WHE, EGG, FIS, MIL**  
Sweetcorn fritters, egg fried wholemeal rice, vegetable stir fry (v)  
**ALLERGENS: WHE, EGG, MIL,**  
Thai spiced crackers (v)  
**ALLERGENS: WHE, EGG, CEL**  
Chocolate fruity flapjacks  
**ALLERGENS: WHE, MIL, SOY**  
Seasonal fruit bowl

**Friday**



Buttermilk fried chicken, potato wedges, corn on the cob  
**ALLERGENS: WHE, MIL**  
Butternut mac n cheese, corn on the cob  
**ALLERGENS: WHE, MIL**  
Brownies  
**ALLERGENS: WHE, MIL, SOY**  
Seasonal fruit bowl



**Week commencing 24<sup>th</sup> June**

**Monday**

Grilled chicken skewers, broccoli pesto pasta

**ALLERGENS: CEL, MIL, WHE**

Tomato & mozzarella arancini, broccoli pesto pasta (v)

**ALLERGENS: CEL, MIL, WHE**

Crudités with a selection of dips (v)

**ALLERGENS:**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Fruit yoghurt

**ALLERGENS: MIL**

Seasonal fruit bowl

**Tuesday**

Beef stroganoff, pilaf rice, green beans & carrots

**ALLERGENS: MIL, SUL, MUS**

Butternut stroganoff, steamed rice, green beans & carrots (v)

**ALLERGENS: CEL, MIL**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Seasonal fruit salad

**Wednesday**

Chicken cacciatore, roast new potatoes, spring green vegetables, lemon butter

**ALLERGENS: CEL, MIL**

Roast vegetable goat's cheese pasta bake, spring green vegetables, lemon butter (v)

**ALLERGENS: CEL, MIL, WHE**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Banana

**Thursday**

Salmon nuggets, sweet potato fries, sweetcorn & carrots, lemon (ketchup sachets)

**ALLERGENS: FIS, WHE, EGG, CEL, MIL**

Vegetarian nuggets, sweet potato fries, sweetcorn & carrots (ketchup sachets) (v)

**ALLERGENS: WHE, EGG, CEL, MIL**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Chocolate & banana loaf

**ALLERGENS: WHE, EGG, SOY, MIL**

Seasonal fruit bowl

**Friday**



Chicken quesadilla, Mexican rice, sweetcorn fritters

**ALLERGENS: WHE, MIL, EGG**

Sweet potato & spinach quesadilla, Mexican rice, sweetcorn fritters (v)

**ALLERGENS: WHE, MIL**

Tortilla chips

**ALLERGENS: MIL**

Mini strawberry cakes

**ALLERGENS: WHE, MIL, EGG,**

Seasonal fruit bowl

**Week commencing 1<sup>st</sup> July**

**Monday**

Beef lasagne

**ALLERGENS: WHE, MIL, CEL, EGG**

Butternut squash, spinach & ricotta lasagne (v)

**ALLERGENS: WHE, MIL, CEL**

Garlic bread

**ALLERGENS: WHE, MIL**

Mozzarella, cherry tomato & cucumber salad (v)

**ALLERGENS: MIL**

Fruit yoghurt

**ALLERGENS: MIL**

Seasonal fruit bowl

**Tuesday**

Chicken fricassee, steamed rice, green beans & carrots

**ALLERGENS: MIL, WHE**

Courgette gratin, Provencal stuffed tomatoes, green beans & carrots (v)

**ALLERGENS: WHE, MIL,**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Seasonal fruit salad

**Wednesday**

Slow cooked beef casserole, gnocchi, spring green vegetables, lemon butter

**ALLERGENS: MIL, WHE**

Spinach & sun blushed tomato risotto stuffed peppers, spring green vegetables, lemon butter (v)

**ALLERGENS: MIL, WHE, EGG**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Banana

**Thursday**

Haddock fish fingers, potato wedges, sweetcorn, carrots & lemon (ketchup sachets)

**ALLERGENS: FIS, WHE, EGG, CEL, MIL**

Butternut & feta croquettes, potato wedges, sweetcorn, carrots (v) (ketchup sachets)

**ALLERGENS: WHE, EGG, CEL, MIL**

Wholegrain/white baguette slice

**ALLERGENS: WHE**

Chocolate fruity flap jacks

**ALLERGENS: MIL, SOY**

Seasonal fruit bowl



Friday

Sticky Asian chicken noodles, vegetable spring roll

**ALLERGENS: WHE, EGG, SOY**

Sticky tofu & aubergine noodles, vegetable spring roll (v)

**ALLERGENS: WHE, EGG, SOY**

Prawn crackers

**ALLERGENS: WHE, CRU**

Mini raspberry & lemon cupcakes

**ALLERGENS: WHE, MIL, EGG**

Seasonal fruit bowl

**The highest quality traceable seasonal ingredients are sourced locally wherever possible.**

**We source our fish from Scotland & is MSC certified.**

**All our meat is Red Tractor approved**

**(Red Tractor logo confirms your food has been born, grown, prepared and packed in the UK)**

**KEY TO ALLERGENS**

**WHE:** cereals containing gluten

**CRU:** crustaceans, for example prawns, crabs, lobster and crayfish

**EGG:** eggs

**FIS:** fish

**PEA:** peanuts

**SOY:** soybeans

**MIL:** milk

**TRE:** nuts, such as almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia (Queensland) nuts

**CEL:** celery (and celeriac)

**MUS:** mustard

**SES:** sesame

**SUL:** sulphur dioxide, which is a preservative found in some dried fruit

**LUP:** lupin

**MOL:** molluscs, for example clams, mussels, whelks, oysters, snails and squid