



Note: Year 3 - Year 13 also have the option of a sandwich and salad from the salad island.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
		Cyprus Style Pasta With Mince	Pizza	Chicken Meatballs
		Mixed Vegetables	Mixed Vegetables	Rice
				Carrot & Cucumber Sticks
		Seasonal Fruit	Sekerpare	Seasonal Fruit
8	9	10	11	12
Vegetable Cassarole (peas, corn & carrots)	BBQ Chicken	Breaded Fish Fillets	Izmir Kofte	Beef Burger
Bulgur Wheat	Rice	Black-eyed Beans	Potatoes	French Fries
Yoghurt	Carrot & Cucumber Sticks	Roast Potatoes	Seasonal Salad	Salad
Seasonal Fruit	Yoghurt Cake	Seasonal Fruit	Chocolate Pudding	Jelly
15	16	17	18	19
Oven Baked Pasta with Mince	Chicken Goujons	Beef & Vegetable Casserole	Jacket Potato	laricot Beans with Carrots, Celery & Potato
Shepherd's Salad	French Fries	Orzo (Arpa) Rice	Tuna Mayo, Tuna or Cheese Filling	Bulgur Wheat
	Salad	Carrot Salad	Salad	Cacık
Seasonal Fruit	Milk Pudding	Seasonal Fruit	Irmik Helva	Seasonal Fruit
22	23	24	25	26
Spaghetti Bolognese	Fish Goujons	Cyprus Style Kofte	Green Beans with Carrots	Chicken Burger
Seasonal Salad	Roast Potatoes	Rice	Bulgar Wheat	French Fries
	Salad	Seasonal Salad	Yoghurt	Salad
Seasonal Fruit	Chocolate Cake	Seasonal Fruit	Rice Pudding	Seasonal Fruit
29	30	31	1	2
Cyprus Style Pasta With Mince	Pizza	Egg and Potatoes	Cheese Pastry	Chicken Meatballs
Mixed Vegetables	Mixed Vegetables	Seasonal Salad	Mixed Vegetables	Rice
Seasonal Fruit	Sekerpare	Seasonal Fruit	Apple Crumble & Custard	Seasonal Fruit