

Monthly Menu

Island School 2022-2023

Week 1 LUNCH (Meat / Omnivore)	Oven Fried Chicken served with Oven Spiced Potatoes Seasonal Local Vegetables	Cheese Burger with all the trimmings served with Vegetable Soup	Chicken Strip Wrap served with Oven Fries Garden Salad	Penne with Zesty Tomato Sauce served with Caesar Kale and Chickpea Salad	Cheese pizza Bean salad served with Garden Salad
(Vegetarian /Herbivore)	Vegan Samosa served with Oven Spiced Potatoes Seasonal Local Vegetables	Veggie Cheese Burger with all the toppings served with Vegetable Soup	Falafel Wrap served with Oven Fries Garden Salad	Penne with Zesty Tomato Sauce served with Caesar Kale and Chickpea Salad	Cheese pizza Bean salad served with Garden Salad
Week 2 LUNCH (Meat / Omnivore)	Meat Ball Submarine served with Caesar Salad	Cod Nuggets Oven baked fries Garden salad	Chicken Burger with all the toppings served with Cream of Broccoli Soup	Chili Mac 'n' Cheese served with Garden Salad with Chick Peas	Grilled Chicken served with Lemon Rice Greek Salad
(Vegetarian /Herbivore)	Falafel Submarine served with Caesar Salad	Red Lentil Soup with Lemon & Herb served with Grilled Cheese	Veggie Burger with all the toppings served with Cream of Broccoli Soup	Chili Mac 'n' Cheese served with Garden Salad with Chick Peas	Grilled Tofu served with Lemon Rice Greek Salad
Week 3 LUNCH (Meat / Omnivore)	Chicken Shawarma Pita served with Steamed Basmati Rice Seasonal Local Vegetables	Beef burger/toppings served with oven fries fresh veggies	Cheesy Pizza served with Pasta Salad Garden Salad	Tomato & Feta Bake served with Seasonal Local Vegetables	Panko Breaded Sole served with Oven Roasted Potatoes Garden Greens
(Vegetarian /Herbivore)	Vegetarian pita served with Steamed Basmati Rice Seasonal Local Vegetables	Veg burger served with oven fries fresh veggies	Cheesy Pizza served with Pasta Salad Garden Salad	Tomato & Feta Bake served with Seasonal Local Vegetables	Breaded Eggplant served with Oven Roasted Potatoes Garden Greens