

Summer School Menu at The Junior School

Breakfast

- Sandwich with ham/cheese/strawberry jam
- Plain French croissant
- Cereal with milk
- Fruit salad



Lunch

WEEK 1, 3

Monday

- Fusilli pasta with bolognaise or tomato sauce
- Fages (lentils)

Tuesday

- Chicken strips and pourgouri (bulgur wheat)
- Ravioli



Wednesday

- Fish fingers with rice
- Noodles with soy sauce and vegetables

Thursday

- Pork burger with potato wedges
- A large pitta with halloumi

Friday

- Chicken drumsticks with baked potatoes
- Vegetarian burger

WEEK 2, 4

Monday

- Hamburger and chips
- Rice with vegetables

Tuesday

- Louvi (Black eyed beans) with tuna
- Boneless chicken in the oven with roasted potatoes

Wednesday

- Pasta bolognaise
- Risotto with spinach

Thursday

- Fages (Lentils)
- Pastichio with fresh salad

Friday

- Fish fillet with rice
- Peas with carrots and potatoes



❖ Each day a vegetable will be served with every meal.

❖ **Please inform the canteen of any special dietary needs/food allergies.**

Educating since 1944

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