



	Monday	Tuesday	Wednesday	Thursday	BRAZILIAN Friday
Bread / Cheese	Freshly baked bread, and a selection of cheeses will be available daily				
Soup	Carrot & Cumin	Courgette & Sweetcorn	Celeriac & Cheese	Spinach & Curry	Black Bean Soup
Salad Bar	A wide selection of homemade salads are available from the salad bar				
Main Meals	Diced Chicken on Bed Of Leek	Bacon steak & herbs	Classic Bolognese	Beef Sausage & Tomato Sauce	Chicken in Coconut Milk
	Fish Pie	Roast Chicken	Classic Carbonara	Diced Pork Stew	Moqueca Baiana (Fish Stew)
Vegetarian	Potato Frittata	Breaded Aubergine & Tomato	Spinach & Basil Risotto	Tomato & Aubergine Quiche	Vegetarian Feijoada
Side dishes	Pilaf Rice & Jardinière	Couscous & Steamed Carrots	Pasta & Green Peas	French Fries & green beans	White Rice & Repolho Roxo Refogado
Dessert	Cake of the Day	Yoghurt and fruit	Cake of the Day	Yoghurt and fruit	Cake of the Day
Yoghurt / Fruit	A selection of homemade yoghurt, dessert pots and fruit pots, plus whole seasonal fresh fruit				

The main courses in red above are those served to the GSM and CP pupils
Catering by Holroyd Howe for CFBL