

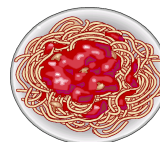
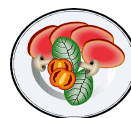


STEP AHEAD PRIMARY SCHOOL

CANTEEN MENU

1st Term

January to April 2015



1st Week

- MONDAY** Spaghetti with Cheese, Tomato Sauce and Salad
- TUESDAY** Fish Briani with Salad
- WEDNESDAY** Dhall Pitta and Tomato Chutney
- THURSDAY** Veg/ Egg Fried Meefoon
- FRIDAY** Grilled Chicken with Salad and Bread

2nd Week

- MONDAY** Veg Fried Rice and Tomato Chutney
- TUESDAY** Chicken / Veg Chop Suey with Rice
- WEDNESDAY** Veg Stew Casserole with Bread
- THURSDAY** Mixed Cooked Root Vegetable , Egg Salad and Grilled Sausages with Fresh Bread
- FRIDAY** Hot Dog and Chips with Fresh Bread

3rd Week

- MONDAY** Pasta Baked with Cheese and Green Salad
- TUESDAY** Veg Pulao ,Red Lentils and Cucumber Salad
- WEDNESDAY** Mashed Potato ,Baked Beans and Chicken Sausages
- THURSDAY** Variety of veg Curry with Roti
- FRIDAY** Panini with Chicken and Cheese

4th Week

- MONDAY** Veg / Egg Fried Noodles
- TUESDAY** Rice , Black Lentils, Chou Chou Fricasse ,Salted Fish Rougaille & Cucumber Salad
- WEDNESDAY** Dhall Pitta and Tomato Chutney

THURSDAY Pumpkin Baked, Grilled Sausages and Salad with Bread

FRIDAY Tuna / Carrot Salad , Cheese, Tomato with Sandwiches

Desserts included:-

Flavoured Yoghurt, Jelly , Custard , Fresh Fruits in Season , Sagoo Pudding

Please note that this is a proposed Menu and is for a full Term that is the 5th week will be from the 1st week, there may be some changes. Lunches are not provided on early closure days. There is no red meat served at school. We cater for vegetarian and also for children fasting.