ELABASEL International School

Menu of the Week

2nd - 6th November 2026

WEEKDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Fruit & bread & cheese	Fruit & bread & cheese	Fruit & bread & cheese	Fruit & bread & cheese	Fruit & bread & cheese
LUNCH	Quorn & vegetable lasagne Dessert: Chocolate Brownies	Beef and vegetable stir-fry with jasmine rice Vegetarian: Smoked tofu and vegetable stir-fry with jasmine rice Dessert: Lemon & vanilla cake	Roasted pepper quinoa with chicken & broccoli casserole Vegetarian: Roasted pepper quinoa with Quorn & broccoli casserole Dessert: Ice cream	Cream of cauliflower soup with beetroot rolls Dessert: fresh fruit salad	Mushroom, chicken and corn pizza Vegetarian: Mushroom and corn pizza Dessert: Coconut cake
MEAT/FISH ORIGIN		CH	CH		CH
Y1/Y2	Bread & fruit	Rice crackers & fruits	Fruit yoghurt	Bread & fruit	Bread & fruit
AFTERSCHOOL SNACK	Bread & vegetable sticks	Fruit & yoghurt	Bread & fruit	Bread & vegetable sticks	Bread, cheese & fruit