ELABASEL International School

Menu of the Week

9th - 13th November 2026

WEEKDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Fruit & bread	Fruit & bread	Fruit & bread	Fruit & bread	Fruit & bread
Lunch	**Main:** Chicken stew with roasted potatoes and cauliflower **Vegetarian:** Quorn stew with roasted potatoes and cauliflower tempura **Vegetables:** Carrots, celery, onions, peppers, cauliflower **Dessert:** Pear tart tatin	**Main:** Vegetable stir-fry rice with cheesy broccoli and tomato bake **Vegetables:** Pumpkin, carrots, onions, peppers, broccoli, tomatoes, peas **Dessert:** Sticky toffee pudding	**Main:** Citrus couscous with salmon in tomato sauce **Vegetables:** Oranges, lemons, onions, celeriac **Dessert:** Apple upside-down cake	**Main:** Spaghetti and meatballs with green beans **Vegetarian:** Plant-based NoMeatballs **Vegetables:** Onions, carrots, celery, peppers, green beans **Dessert:** Peach cheesecake	**Main:** Pizza Margherita **Dessert:** Ice cream
Meat/fish origin	CH		CH	CH	
Y1/Y2	Bread & fruit	Bread & fruit	Bread & fruit	Bread & fruit	Bread & fruit
After School snack	Bread & vegetable sticks	Fruit & yoghurt	Bread & fruit	Bread & vegetable sticks	Bread, cheese & fruit
Nutrition & Fruit	Protein, carbohydrates, fats, fibre, vitamin a, b, c, d, e & k Apples, pears, mangoes, plums, pineapple and water melon				