



NORD ANGLIA
INTERNATIONAL
SCHOOL
ROTTERDAM



catermaat[®]
voedt energie

MARCH MENU

Friday 1/3	Tender beef strips or alternate (V), potatoes and broccoli mix
Monday 4/3	Beef meatballs or veggie balls (V), mashed potatoes and spinach
Tuesday 5/3	Pasta special with Carbonara or Napolitana (V) sauce
Wednesday 6/3	Fish or alternate (V), potatoes, and corn on the cob
Thursday 7/3	Chicken or vegetable (V) teriyaki, noodles and vegetables
Friday 8/3	Pita pizza delight with chicken or vegetarian (V) topping
Monday 11/3	Beef Lasagne or Lasagne Florentine (V)
Tuesday 12/3	Tender chicken or alternate (V), oven baked potatoes and broccoli mix
Wednesday 13/3	Chili chicken or veggie chicken (V) with rice and vegetables
Thursday 14/3	Tender beef strips or alternate (V), potatoes, and green beans
Friday 15/3	Beef or veggie (V) burger with a crispy salad on the side
Monday 18/3	Chicken or vegetable (V) teriyaki, noodles and vegetables
Tuesday 19/3	Fish or alternate (V), mashed potatoes, peas and carrots
Wednesday 20/3	Early Dismissal – No Lunch for NAISR students. Funtazia: Sesame chicken or alternate (V) Mekong rice and vegetables
Thursday 21/3	Early Dismissal – No Lunch for NAISR students. Funtazia: Beef meatballs or veggie balls (V), potatoes and vegetables
Friday 22/3	Tortilla chicken döner or alternate (V) and salad on the side
Monday 25/3	Pasta special with Beef Bolognese or Veggie Napolitana (V) sauce
Tuesday 26/3	Sliced chicken or alternate (V), potatoes and vegetables
Wednesday 27/3	Omelet special, meat or vegetarian (V), with rice on the side
Thursday 28/3	Grilled chicken or grilled mushroom (V), noodles and mixed vegetables
Friday 29/3	Chicken or veggie burger (V) with a crispy salad on the side

**All meals are made by Catermaat staff daily, using fresh ingredients.*

**All subscribed meals include a “dessert delight” of fresh fruit, yoghurt or pudding.*

**All warm meals may be substituted for a “bread meal” which includes a sandwich/wrap, fresh vegetables, fruit or yoghurt.*