






September Lunch Menu

WELCOME BACK



	 MONDAY <small>CHICKEN</small>	 TUESDAY <small>PORK</small>	 WEDNESDAY <small>CHICKEN</small>	 THURSDAY <small>FISH</small>	 FRIDAY <small>CHICKEN</small>
	SEPTEMBER 7	SEPTEMBER 8	SEPTEMBER 9	SEPTEMBER 10	SEPTEMBER 11
MAIN COURSE	Chicken Tarragon	Pork Bulgogi	Chicken Quesadilla	Tandoori Fish	Baked Chicken with Mushroom Skillet
ALLERGEN INFORMATION		G, E, L	G, D	S, D	D
STAPLE FOOD	Penne with Potato and Pesto	Corn Rice	Mexican Rice	Bombay Potato	Fusilli with Tomato Sauce
ALLERGEN INFORMATION	G, D			L	G, D
VEGETABLES	Steamed Broccoli & Carrot	Oriental Cooked Vegetables	Steamed Corn, Carrot & Green Peas	Sauteed Spinach	Sauteed Mixed Vegetables
ALLERGEN INFORMATION			L	D	
VEGETARIAN DISH (on request)	Mushroom Tarragon	Vegetable & Tofu Bulgogi	Vegetable & Bean Quesadilla	Tandoori Tofu & Vegetables	Baked Mushroom Skillet
ALLERGEN INFORMATION		L	G, D	L, D	D
SIDE DISH	Egg		Egg		Egg
DRINKS	Milk	Milk, Yogurt	Milk	Milk, Yogurt	Milk
FRUITS	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit

ALLERGY CONTENT: (D) DAIRY (E) EGG (G) GLUTEN (L) LEGUMES (N) NUTS (S) SEAFOOD