






September Lunch Menu

WELCOME BACK



	 MONDAY <small>CHICKEN</small>	 TUESDAY <small>BEEF</small>	 WEDNESDAY <small>PORK</small>	 THURSDAY <small>FISH</small>	 FRIDAY <small>CHICKEN</small>
	SEPTEMBER 14	SEPTEMBER 15	SEPTEMBER 16	SEPTEMBER 17	SEPTEMBER 18
MAIN COURSE	Gongbao Chicken	Beef Bolognese	Ham & Cheese Croissant	Cajun Fish	Roasted Chicken with Rosemary & Garlic
ALLERGEN INFORMATION	G, E, L	G, D	G, D, E	S	G
STAPLE FOOD	Brown Rice	Fusilli with Olive Oil & Garlic	Sweet Potato Wedges	Baked Macaroni with Cheese	Potato Gratin
ALLERGEN INFORMATION		G		G, D	G, D
VEGETABLES	Sauteed Sweet Potato Leaves	Steamed Broccoli & Carrot	Steamed Corn, Carrot & Green Peas	Sauteed Mixed Vegetables	Steamed Broccoli, Carrot & Cauliflower
ALLERGEN INFORMATION			L		
VEGETARIAN DISH (on request)	Gongbao Tofu	Chickpea Bolognese	Cheese & Tomato Croissant	Cajun Zucchini	Roasted Mushroom & Eggplant with Rosemary & Garlic
ALLERGEN INFORMATION	G, L	G, D, L	G, D, E		G
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