






September Lunch Menu

WELCOME BACK



	 MONDAY <small>CHICKEN</small>	 TUESDAY <small>BEEF</small>	 WEDNESDAY <small>CHICKEN</small>	 THURSDAY <small>FISH</small>	 FRIDAY <small>CHICKEN</small>
	SEPTEMBER 21	SEPTEMBER 22	SEPTEMBER 23	SEPTEMBER 24	SEPTEMBER 25
MAIN COURSE	Portuguese Chicken Curry	Beef Lasagna	Chicken Fajita Wrap	Fish Fingers with Tartar Sauce	Black Pepper Chicken
ALLERGEN INFORMATION	D	G, D, E	G, L	S, E, G	S, L
STAPLE FOOD	Brown Rice	Roasted Potato	Mashed Beans	Baked Pizza Pasta	Egg Fried Rice
ALLERGEN INFORMATION		D	L	G, D	E
VEGETABLES	Sauteed Chinese Cabbage	Sauteed Spinach	Steamed Broccoli & Carrot	Steamed Broccoli, Carrot & Cauliflower	Sauteed Chinese Green Vegetables
ALLERGEN INFORMATION		D			
VEGETARIAN DISH (on request)	Portuguese Vegetable & Chickpea Curry	Spinach Lasagna	Vegetable & Beans Fajita	Tofu Finger	Black Pepper Tofu & Mushroom
ALLERGEN INFORMATION	D, L	G, D, E	G, L	L	L
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