

MENU

20th - 24th November

MONDAY

MEAL

- Pizza Panini
- Tandoori Chicken Panini
- Cheesy Beef Quesadillas
- Shanghai Noodles with Chicken
- Beef teriyaki with pineapple and veg-
rice
- Shanghai Noodles with Veg

ALLERGEN

Gluten & Dairy
Gluten & Dairy
Gluten & Dairy
Gluten, soy, shellfish
Gluten & Dairy
Gluten, soy, shellfish

TUESDAY

MEAL

- Meatball Pesto Panini
- Chicken Teriyaki Panini
- Buffalo Chicken Quesadillas
- Orechiette Pumpkin Seed w/ Chicken &
Roasted Butternut
- Pulled Beef with mixed peppers and rice"
- Orechiette Pumpkin Seed with Roasted
Butternut

ALLERGEN

Gluten & Dairy
Gluten, Dairy & Soy
Gluten & Dairy
Gluten, Dairy & egg
Dairy
Gluten, Dairy & egg

WEDNESDAY

MEAL

- Honey Mustard Chicken Panini
- BBQ Chicken Panini
- Spicy slow cooked chicken with cheese
- Butter Chicken Curry with Rice (low fat
yoghurt)
- Chicken Enchiladas with Salad
- Veg Curry

ALLERGEN

Gluten & Dairy
Gluten, Dairy & Soy
Gluten & Dairy
Gluten & dairy
Gluten & dairy
Dairy

THURSDAY

MEAL

- Ham and Cheese Panini
- Chicken Pesto Panini
- Korean Chicken Quesadillas
- Chicken strips
- Pizza margherita

ALLERGEN

Gluten & Dairy
Gluten & Dairy
Gluten & Dairy
Dairy, Soy, Gluten & Egg
Gluten & Dairy

FRIDAY

MEAL

- Spicy Chicken Panini
- Egg, jalapeno and cheese
- Fajita quesadilla
- Low fat yoghurt pancakes
- Spanish Tortilla

ALLERGEN

Gluten & Dairy
Gluten & Dairy
Gluten & Dairy
Gluten, Dairy & Egg

