

MENU

18th September - 22nd September

MONDAY

MEAL

- Pizza Panini
- Cheese & Tomato Panini
- Cheesy Beef Quesadillas
- Beef Lasagne
- Fajita Chicken Tacos
- Vegetable Lasagne

ALLERGEN

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

TUESDAY

MEAL

- Meatball Pesto Panini
- Chicken Teriyaki Panini
- Buffalo Chicken Quesadillas
- Beef Burger With Roasted Potato Wedges
- Chicken Korma
- Cauliflower Steak With Rice & Tomato Relish

ALLERGEN

Gluten & Dairy
Gluten, Dairy & Soy
Gluten & Dairy
Gluten, Dairy & Egg
Dairy
None

WEDNESDAY

MEAL

- Chicken & Cheese Panini
- BBQ Chicken Panini
- Grilled Chicken Quesadilla With Jalapeno & Sweetcorn
- Beef Stew Steamed Veg With Rice or Mash
- Chicken Fried Rice
- Sweet & Sour Tofu With Jasmine Rice

ALLERGEN

Gluten & Dairy
Gluten, Dairy & Soy
Gluten & Dairy
None
Soy & Egg
Soy

THURSDAY

MEAL

- Ham and Cheese Panini
- Chicken Pesto Panini
- Korean Chicken Quesadillas
- Chicken Strips
- Margherita Pizza Bites

ALLERGEN

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

FRIDAY

MEAL

- Meatball Pesto Panini
- Chicken & Cheese Panini
- Cheesy Beef Quesadillas
- Low-fat Yoghurt Pancakes

ALLERGEN

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

