


# MENU

July 1st - 5th 2024

## MONDAY

### MEAL


- Chicken pizza panini
- Tandoori chicken panini
- Cheesy beef quesadillas
- Conchiglie bolognese
- Balsamic chicken with rice and steamed veg
- Veg conchiglie 

### ALLERGEN

Gluten & dairy  
Gluten & dairy  
Gluten & dairy  
Gluten egg & dairy  
Soy  
Gluten egg & dairy

## TUESDAY

### MEAL


- Meatball pesto panini
- Chicken teriyaki panini
- Buffalo chicken quesadillas
- Chicken tikka masala with rice & paratha
- Chicken enchiladas
- Veg curry 

### ALLERGEN

Gluten & dairy  
Gluten, dairy & soy  
Gluten & dairy  
Gluten & dairy  
Gluten & dairy  
Gluten & dairy

## FRIDAY

### MEAL


- Lemon chicken panini
- Chili con carne panini
- Fajita quesadilla
- Low-fat yoghurt pancakes  Gluten, dairy & egg

### ALLERGEN

Gluten & dairy  
Gluten & dairy  
Gluten & dairy

## WEDNESDAY

### MEAL


- Honey mustard chicken panini
- BBQ chicken panini
- Spicy slow cooked chicken with cheese
- Beef teriyaki with roast potatoes
- Stir-fry noodles with chicken
- Stir-fry noodles with veg 

### ALLERGEN

Mustard, gluten & dairy  
Gluten, dairy & soy  
Dairy, egg, gluten, mustard & Soy  
Soy & gluten  
Shellfish, gluten & soy  
Egg, gluten & soy

## THURSDAY

### MEAL

- Pulled beef panini
- Chicken pesto panini
- Korean chicken quesadillas
- Chicken strips
- Pizza margherita 

### ALLERGEN

Gluten & dairy  
Gluten & dairy  
Gluten, soy & dairy  
Gluten, egg & dairy  
Gluten & dairy

