


# MENU

April 22nd - 26th 2024

## MONDAY

### MEAL


- Chicken pizza panini
- Tandoori chicken panini
- Cheesy beef quesadillas
- Conchiglie meatball pasta
- Lemon & herb chicken with rice or mash
- Conchiglie veg pasta 

### ALLERGEN

Gluten & dairy  
Gluten & dairy  
Gluten & dairy  
Gluten egg & dairy  
Dairy  
Gluten egg & dairy

## TUESDAY

### MEAL


- Meatball pesto panini
- Chicken teriyaki panini
- Buffalo chicken quesadillas
- Butter chicken curry (Low-fat yoghurt)
- Chicken enchiladas
- Veggie 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  
Gluten  
Gluten & dairy

## WEDNESDAY

### MEAL


- Honey mustard chicken panini
- BBQ chicken panini
- Spicy slow cooked chicken with cheese
- Beef teriyaki
- Sweet & sour chicken with capsicum & rice
- Veggie sweet & sour with rice 

### ALLERGEN

Mustard, gluten & dairy  
Gluten, dairy & soy  
Gluten & dairy  
Gluten & soy  
None  
None

## THURSDAY

### MEAL

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

### ALLERGEN

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

