

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Baked Chicken Burger (G)	Cheese Tortellini Rosé (G+D)	Chicken Souvlaki	Gen Tao chicken	Cheese Pizza (G+D)
Vegetarian Option	Veggie Burger (V)	Cheese Tortellini Rosé (G+D)	Vegetable, Bean & Cheese Burrito (V)	Gen Tao tofu	Cheese Pizza (G+D)
Side Dish	Rice and Vegetables	Steamed Vegetables	Rice and Vegetables	Rice and Vegetables	Steamed Vegetables
Soup of the day	Leek & Potato	Cream of Carrot	Vegetable Potage	Sweet Potato Velouté	Cream of Broccoli
Salad Bar/ Soup-Day	Various Salad / Raw Veggies	Various Salad / Raw Veggies	Various Salad / Raw Veggies	Various Salad / Raw Veggies	Various Salad / Raw Veggies
Dessert	Fresh Fruit	Yogourt / Pudding	Fresh Fruit	Yogourt / Pudding	Fresh Fruit
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Mac & Cheese (G+D)	Lemon Pepper Cod /Crispy Fish Sticks (F)	Asian Beef Noodles (G)	Rotini Chicken Alfredo (G+D)	Meatballs w/ tomato sauce & veg (G)
Vegetarian Option	Veggie Omelette (D)	Lemon Pepper Cod /Crispy Fish Sticks (F)	Veggie Egg Rolls (G)	Veg lasagna w/ ricotta (G+D)	Pasta w/ tomato sauce (G)
Side Dish	Steamed Vegetables	Rice and Vegetables	Steamed Vegetables	Steamed Vegetables	Rice and Vegetables
Soup of the day	Leek & Potato	Cream of Carrot	Vegetable Potage	Sweet Potato Velouté	Cream of Broccoli
Salad Bar	Various Salad / Raw Veggies	Various Salad / Raw Veggies	Various Salad / Raw Veggies	Various Salad / Raw Veggies	Various Salad / Raw Veggies
Dessert	Fresh Fruit	Yogourt / Pudding	Fresh Fruit	Yogourt / Pudding	Fresh Fruit
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Parmigiana (G+D)	Cheese Lasagna (G+D+V)	Baked Burger (G)	Roast Pork	Italian Sausage and Peppers
Vegetarian Option	Tofu parmigiana (D)	Cheese Lasagna (G+D+V)	Veggie Burger (G+V)	Creamy Tofu Stew (D)	Falafel Dish
Side Dish	Rice and Vegetables	Steamed Vegetables	Wedge Potato & Vegetables	Rice and Vegetables	Wedge Potato
Soup of the day	Leek & Potato	Cream of Carrot	Vegetable Potage	Sweet Potato Velouté	Cream of Broccoli
Salad Bar	Various Salad / Raw Veggies	Various Salad / Raw Veggies	Various Salad / Raw Veggies	Various Salad / Raw Veggies	Various Salad / Raw Veggies
Dessert	Fresh Fruit	Yogourt / Pudding	Fresh Fruit	Yogourt / Pudding	Fresh Fruit
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Baked Chicken Nuggets (G)	Cheese & Spinach Canneloni (V,G,D)	Chicken Stir Fry Rice	Penne Bolognese (G)	Beef Frankfurter
Vegetarian Option	Baked Veggie Nuggets (G)	Veggie Omelette (D)	Veg. Stir fry rice	Penne Pomodoro (G)	Veggie Dog (V)
Side Dish	Rice and Vegetables	Steamed Vegetables	Steamed Vegetables	Steamed Vegetables	Wedge Potato & Vegetables
Soup of the day	Leek & Potato	Cream of Carrot	Vegetable Potage	Sweet Potato Velouté	Cream of Broccoli
Salad Bar	Various Salad / Raw Veggies	Various Salad / Raw Veggies	Various Salad / Raw Veggies	Various Salad / Raw Veggies	Various Salad / Raw Veggies
Dessert	Fresh Fruit	Yogourt / Pudding	Fresh Fruit	Yogourt / Pudding	Fresh Fruit
	G= Gluten	V=Vegetarian	D= Dairy		