



NON-VEGETARIAN MENU

4 WEEKS



MEATLESS MONDAY 31 AUGUST	TUESDAY 01 SEPTEMBER	WEDNESDAY 02 SEPTEMBER	THURSDAY 03 SEPTEMBER	FRIDAY
CREAMY CAULI MAC 'N' CHEESE WITH BREAD, CUCUMBER AND SLICED WATERMELON	CHICKEN FAJITA, POTATO WEDGES, YOGHURT, SWEET CORN AND SLICED APPLE	BEEF MEATBALL WITH TOMATO SAUCE, STEAM RICE, CARROT AND SLICED ORANGE	OVEN CHICKEN SCHNITZEL WITH GRAVY, MASH POTATO, CARROT AND SLICED PEAR	NO LUNCH
GLUTEN, DAIRY	DAIRY	GLUTEN, SULPHITES	GLUTEN, DAIRY, EGG, SOYA	
MEATLESS MONDAY 07 SEPTEMBER	TUESDAY 08 SEPTEMBER	WEDNESDAY 09 SEPTEMBER	THURSDAY 10 SEPTEMBER	FRIDAY
HOMEMADE MINCE VEG COTTAGE PIE, BREAD, CARROT AND SLICED WATERMELON	ROASTED CHICKEN WITH MUSROOM SAUCE, STEAM RICE, CUCUMBER AND SLICED APPLE	BEEF BOLOGNAISE WITH BAKED POTATO, SALAD AND SLICED ORANGE	CHICKEN LASAGNE WITH BREAD ROLL, SWEET CORN AND SLICED PEAR	NO LUNCH
GLUTEN, DAIRY	GLUTEN, DAIRY	DAIRY	GLUTEN, DAIRY, SULPHITES	
MEATLESS MONDAY 14 SEPTEMBER	TUESDAY 15 SEPTEMBER	WEDNESDAY 16 SEPTEMBER	THURSDAY 17 SEPTEMBER	FRIDAY
RICOTTA SPINACH RAVIOLI PASTA TOMATO SAUCE WITH BREAD, CARROT AND SLICED WATERMELON	BAKED ZINGER CHICKEN WITH POTATO, TOMATO SAUCE CARROT AND SLICED APPLE	CHICKEN TIKKA MASALA (LIGHT) WITH STEAM RICE, YOGHURT, CUCUMBER AND SLICED ORANGE	BEEF NOODLE, SWEET & SOUR SAUCE, CUCUMBER AND SLICED PEAR	NO LUNCH
GLUTEN, DAIRY, SULPHITES	GLUTEN, DAIRY, EGG, SOYA	DAIRY	GLUTEN, SOYA	
MEATLESS MONDAY 21 SEPTEMBER	TUESDAY 22 SEPTEMBER	WEDNESDAY 23 SEPTEMBER	THURSDAY 24 SEPTEMBER	FRIDAY
MINCED VEG SPAGHETTI WITH TOMATO SAUCE, CUCUMBER STICK AND SLICED WATERMELON	CHICKEN TERIYAKI NOODLES, VEGETABLE SPRING ROLL, CARROT AND SLICED APPLE	BEEF LASAGNE WITH BREAD ROLL, SWEET CORN AND SLICED ORANGE	CHICKEN STROGANOFF WITH STEAM RICE, CUCUMBER AND SLICED PEAR	NO LUNCH
GLUTEN, SOYA	GLUTEN, SOYA	GLUTEN, DAIRY, SULPHITES	DAIRY	
MEATLESS MONDAY 28 SEPTEMBER	TUESDAY 29 SEPTEMBER	WEDNESDAY 30 SEPTEMBER	THURSDAY	FRIDAY
CREAMY CAULI MAC 'N' CHEESE WITH BREAD, CUCUMBER AND SLICED WATERMELON	CHICKEN FAJITA, POTATO WEDGES, YOGHURT, SWEET CORN AND SLICED APPLE	BEEF MEATBALL WITH TOMATO SAUCE, STEAM RICE, CARROT AND SLICED ORANGE		NO LUNCH
GLUTEN, DAIRY	DAIRY	GLUTEN, SULPHITES		



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	MEATLESS MONDAY 31 AUGUST	TUESDAY 01 SEPTEMBER	WEDNESDAY 02 SEPTEMBER	THURSDAY 03 SEPTEMBER																																																												
LUNCH (Main Dish, Veg/ Sides, & Fruits)	CREAMY CAULI MAC 'N' CHEESE WITH BREAD, CUCUMBER AND SLICED WATERMELON	CHICKEN FAJITA, POTATO WEDGES, YOGHURT, SWEET CORN & SLICED APPLE	BEEF MEATBALL WITH TOMATO SAUCE, STEAM RICE, CARROT & SLICED ORANGE	OVEN CHICKEN SCHNITZEL WITH GRAVY, MASH POTATO, CARROT & SLICED PEAR																																																												
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NUTRITION FACTS (Per Serving 300g)	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>1128.2kJ 269.6kcal</td><td>5.2g MED</td><td>2.4g MED</td><td>5.6g MED</td><td>1.2g MED</td></tr><tr><td>13%</td><td>7%</td><td>12%</td><td>6%</td><td>20%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	1128.2kJ 269.6kcal	5.2g MED	2.4g MED	5.6g MED	1.2g MED	13%	7%	12%	6%	20%	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>924.5kJ 221kcal</td><td>2.6g LOW</td><td>0.8g LOW</td><td>10.7g MED</td><td>1.3g MED</td></tr><tr><td>11%</td><td>4%</td><td>4%</td><td>12%</td><td>22%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	924.5kJ 221kcal	2.6g LOW	0.8g LOW	10.7g MED	1.3g MED	11%	4%	4%	12%	22%	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>1144.3kJ 273.5kcal</td><td>7.5g MED</td><td>3g MED</td><td>7.8g MED</td><td>1.5g MED</td></tr><tr><td>14%</td><td>11%</td><td>15%</td><td>9%</td><td>24%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	1144.3kJ 273.5kcal	7.5g MED	3g MED	7.8g MED	1.5g MED	14%	11%	15%	9%	24%	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>1235.8kJ 295.3kcal</td><td>6g MED</td><td>1.6g MED</td><td>10.1g MED</td><td>1.2g MED</td></tr><tr><td>15%</td><td>9%</td><td>8%</td><td>11%</td><td>20%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	1235.8kJ 295.3kcal	6g MED	1.6g MED	10.1g MED	1.2g MED	15%	9%	8%	11%	20%
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CARBON FOOTPRINT SCORE (per 100g serving)	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.1 kgCO₂e/100g CREAMY CAULI MAC N CHEESE, BREAD ROLL, CUCUMBER &...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.09 kgCO₂e/100g CHICKEN FAJITA, POTATO WEDGES, YOGHURT, SWEET CO...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.17 kgCO₂e/100g BEEF MEATBALL WITH TOMATO SAUCE, STEAM RICE, CARROT &...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.08 kgCO₂e/100g OVEN CHICKEN SCHNITZEL WITH GRAVY, MASH POTATO, CARROT ...																																																												

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CARBON FOOTPRINT SCORE (per 100g serving)	LOW MOD HIGH V.HIGH EXTREME CO₂ A B C D E 0.13 kgCO₂e/100g RICOTTA SPINACH RAVIOLI PASTA TOMATO SAUCE WITH BREAD,...	LOW MOD HIGH V.HIGH EXTREME CO₂ A B C D E 0.1 kgCO₂e/100g BAKED ZINGER CHICKEN WITH POTATO, CARROT & SLICED...	LOW MOD HIGH V.HIGH EXTREME CO₂ A B C D E 0.12 kgCO₂e/100g CHICKEN TIKKA MASALA(LIGHT) WITH STEAM RICE, YOGHURT,...	LOW MOD HIGH V.HIGH EXTREME CO₂ A B C D E 0.55 kgCO₂e/100g BEEF NOODLE, SWEET & SOUR SAUCE, CUCUMBER & SLICED...																																																												
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NON-VEGETARIAN MENU



	MEATLESS MONDAY 28 SEPTEMBER	TUESDAY 29 SEPTEMBER	WEDNESDAY 30 SEPTEMBER	
LUNCH (Main Dish, Veg/ Sides, & Fruits)	CREAMY CAULI MAC 'N' CHEESE WITH BREAD, CUCUMBER AND SLICED WATERMELON	CHICKEN FAJITA, POTATO WEDGES, YOGHURT, SWEET CORN & SLICED APPLE	BEEF MEATBALL WITH TOMATO SAUCE, STEAM RICE, CARROT & SLICED ORANGE	
ALLERGENS	GLUTEN, DAIRY	DAIRY	GLUTEN, SULPHITES	
NUTRITION FACTS (Per Serving 300g)	ENERGY 1128.2kJ 269.6kcal 13% FAT 5.2g MED 7% SATURATES 2.4g MED 12% SUGAR 5.6g MED 6% SALT 1.2g MED 20%	ENERGY 924.5kJ 221kcal 11% FAT 2.6g LOW 4% SATURATES 0.8g LOW 4% SUGAR 10.7g MED 12% SALT 1.3g MED 22%	ENERGY 1144.3kJ 273.5kcal 14% FAT 7.5g MED 11% SATURATES 3g MED 15% SUGAR 7.8g MED 9% SALT 1.5g MED 24%	
CARBON FOOTPRINT SCORE (per 100g serving)	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.1 kgCO₂e/100g CREAMY CAULI MAC N CHEESE, BREAD ROLL, CUCUMBER &...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.09 kgCO₂e/100g CHICKEN FAJITA, POTATO WEDGES, YOGHURT, SWEET CO...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.17 kgCO₂e/100g BEEF MEATBALL WITH TOMATO SAUCE, STEAM RICE, CARROT &...	