



NON-VEGETARIAN MENU



			THURSDAY 01 OCTOBER	FRIDAY
			OVEN CHICKEN SCHNITZEL WITH GRAVY, MASH POTATO, CARROT AND SLICED PEAR	NO LUNCH
			GLUTEN, DAIRY, EGG, SOYA	
MEATLESS MONDAY 05 OCTOBER	TUESDAY 06 OCTOBER	WEDNESDAY 07 OCTOBER	THURSDAY 08 OCTOBER	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 12 OCTOBER	TUESDAY 13 OCTOBER	WEDNESDAY 14 OCTOBER	THURSDAY 15 OCTOBER	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 19 OCTOBER	TUESDAY 20 OCTOBER	WEDNESDAY 21 OCTOBER	THURSDAY 22 OCTOBER	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 26 OCTOBER	TUESDAY 27 OCTOBER	WEDNESDAY 28 OCTOBER	THURSDAY 29 OCTOBER	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	



NON-VEGETARIAN MENU



MEATLESS MONDAY 02 NOVEMBER	TUESDAY 03 NOVEMBER	WEDNESDAY 04 NOVEMBER	THURSDAY 05 NOVEMBER	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 09 NOVEMBER	TUESDAY 10 NOVEMBER	WEDNESDAY 11 NOVEMBER	THURSDAY 12 NOVEMBER	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 16 NOVEMBER	TUESDAY 17 NOVEMBER	WEDNESDAY 18 NOVEMBER	THURSDAY 19 NOVEMBER	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 23 NOVEMBER	TUESDAY 24 NOVEMBER	WEDNESDAY 25 NOVEMBER	THURSDAY 26 NOVEMBER	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 30 NOVEMBER				FRIDAY
HOMEMADE MINCE VEG COTTAGE PIE, BREAD, CARROT AND SLICED WATERMELON				NO LUNCH
GLUTEN, DAIRY				



NON-VEGETARIAN MENU



	TUESDAY 01 DECEMBER	WEDNESDAY 02 DECEMBER	THURSDAY 03 DECEMBER	FRIDAY
	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	DAIRY	GLUTEN, DAIRY, SULPHITES	
MEATLESS MONDAY 07 DECEMBER	TUESDAY 08 DECEMBER	WEDNESDAY 09 DECEMBER	THURSDAY 10 DECEMBER	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	



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	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY																																																												
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																																																												
ALLERGENS	GLUTEN, DAIRY	DAIRY	GLUTEN, SULPHITES	GLUTEN, DAIRY, EGG, SOYA																																																												
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)	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.18 kgCO₂e/100g HOMEMADE MINCE VEG COTTAGE PIE, BREAD ROLL, CARROT &...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.15 kgCO₂e/100g ROASTED CHICKEN WITH MUSROOM SAUCE, STEAM RICE,...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.19 kgCO₂e/100g BEEF BOLOGNAISE WITH BAKED POTATO, FRESH SALAD & SLICE...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.15 kgCO₂e/100g CHICKEN LASAGNE WITH BREAD ROLL, SWEET CORN & SLICED...																																																												



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	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY																																																												
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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>982.4kJ 234.8kcal</td><td>3.8g MED</td><td>1.3g LOW</td><td>7g MED</td><td>1.1g MED</td></tr><tr><td>12%</td><td>5%</td><td>6%</td><td>8%</td><td>18%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	982.4kJ 234.8kcal	3.8g MED	1.3g LOW	7g MED	1.1g MED	12%	5%	6%	8%	18%	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>1153.2kJ 275.6kcal</td><td>5.2g MED</td><td>1.5g LOW</td><td>10.5g MED</td><td>0.8g MED</td></tr><tr><td>14%</td><td>7%</td><td>7%</td><td>12%</td><td>14%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	1153.2kJ 275.6kcal	5.2g MED	1.5g LOW	10.5g MED	0.8g MED	14%	7%	7%	12%	14%	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>1704.9kJ 407.5kcal</td><td>2.9g LOW</td><td>0.8g LOW</td><td>5.8g MED</td><td>1.4g MED</td></tr><tr><td>20%</td><td>4%</td><td>4%</td><td>6%</td><td>23%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	1704.9kJ 407.5kcal	2.9g LOW	0.8g LOW	5.8g MED	1.4g MED	20%	4%	4%	6%	23%	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>1598kJ 381.9kcal</td><td>5.2g MED</td><td>1.6g MED</td><td>8.1g MED</td><td>0.5g MED</td></tr><tr><td>19%</td><td>7%</td><td>8%</td><td>9%</td><td>8%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	1598kJ 381.9kcal	5.2g MED	1.6g MED	8.1g MED	0.5g MED	19%	7%	8%	9%	8%
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CARBON FOOTPRINT SCORE (per 100g serving)	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.13 kgCO₂e/100g RICOTTA SPINACH RAVIOLI PASTA TOMATO SAUCE WITH BREAD,...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.1 kgCO₂e/100g BAKED ZINGER CHICKEN WITH POTATO, CARROT & SLICED...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.12 kgCO₂e/100g CHICKEN TIKKA MASALA(LIGHT) WITH STEAM RICE, YOGHURT,...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.55 kgCO₂e/100g BEEF NOODLE, SWEET & SOUR SAUCE, CUCUMBER & SLICED...																																																												

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LUNCH (Main Dish, Veg/ Sides, & Fruits)	MINCED VEG SPAGHETTI WITH TOMATO SAUCE, CUCUMBER STICK & WATERMELON	CHICKEN TERIYAKI NOODLES, VEGETABLESPRING ROLL, CARROT & SLICED APPLE	BEEF LASAGNE WITH BREAD ROLL, SWEET CORN & SLICED ORANGE	CHICKEN STROGANOFF WITH STEAM RICE, CUCUMBER & 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>900.4kJ 215.2kcal</td><td>1.4g LOW</td><td>0.3g LOW</td><td>6.4g MED</td><td>1.2g MED</td></tr><tr><td>11%</td><td>2%</td><td>2%</td><td>7%</td><td>20%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	900.4kJ 215.2kcal	1.4g LOW	0.3g LOW	6.4g MED	1.2g MED	11%	2%	2%	7%	20%	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>1036.4kJ 247.7kcal</td><td>3.5g MED</td><td>0.9g LOW</td><td>8.8g MED</td><td>1.3g MED</td></tr><tr><td>12%</td><td>5%</td><td>4%</td><td>10%</td><td>22%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	1036.4kJ 247.7kcal	3.5g MED	0.9g LOW	8.8g MED	1.3g MED	12%	5%	4%	10%	22%	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>1460kJ 348.9kcal</td><td>8.5g MED</td><td>3.6g MED</td><td>10.7g MED</td><td>1.3g MED</td></tr><tr><td>17%</td><td>12%</td><td>18%</td><td>12%</td><td>22%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	1460kJ 348.9kcal	8.5g MED	3.6g MED	10.7g MED	1.3g MED	17%	12%	18%	12%	22%	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>1931.8kJ 461.7kcal</td><td>3g MED</td><td>0.7g LOW</td><td>6.8g MED</td><td>1.4g MED</td></tr><tr><td>23%</td><td>4%</td><td>4%</td><td>8%</td><td>24%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	1931.8kJ 461.7kcal	3g MED	0.7g LOW	6.8g MED	1.4g MED	23%	4%	4%	8%	24%
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CARBON FOOTPRINT SCORE (per 100g serving)	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.1 kgCO₂e/100g MINCED VEG SPAGHETTI WITH TOMATO SAUCE, CUCUMBER...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.11 kgCO₂e/100g CHICKEN TERIYAKI NOODLES, CARROT STICKS & SLICED APPLE	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.14 kgCO₂e/100g BEEF LASAGNE WITH BREAD ROLL, SWEET CORN & SLICED...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.14 kgCO₂e/100g CHICKEN STROGANOFF WITH STEAM RICE, CUCUMBER &...																																																												