



COMBO OPTION	MENU DETAILS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Combo I	Main Course	Grilled Chicken w/ Mushroom Sauce	Swedish Meat Balls	Baked Chicken Strips	Grilled Halloumi Pesto Skewer (V)	Chicken Shawarma Wrap / Oat Cake
	Carb	Baked Potato Wedges	Mashed Potato	Sweet Potato	Parsley Potato	
	Side / Veg	Steamed Broccoli	Sauteed Carrots & Peas	Corn on the Cob	Hommos Cup	
Allergens		<i>MILK, GLUTEN</i>	<i>MILK, GLUTEN</i>	<i>EGG, GLUTEN</i>	<i>MILK, GLUTEN</i>	<i>MILK, GLUTEN</i>
Combo 2	Main Course	Beef Burger	Paneer Tikka Masala (V)	Grilled Kofta Kebab in Tomato Sauce	Shish Tawouk	Beef Shawarma Wrap / Oat Cake
	Carb	Baked Potato Wedges	Baked Cheese Samoosa		Parsley Potato	
	Side / Veg	Light Coleslaw	Steamed Rice	Kabssi Rice	Grilled Mushroom & Capsicum	
Allergens		<i>EGG, MILK</i>	<i>MILK</i>		<i>MILK, MUSTARD</i>	<i>MILK, GLUTEN</i>
Combo 3	Main Course	Mac&Cheese (V)	Chicken Pesto	Penne Pomodoro (V)	Spaghetti Bolognese	Vegetable, Plant based chicken (or meat) Wrap/ Oat Cake
	Carb		Penne		Corn on the Cob	
	Side / Veg	Garlic Bread	Corn on the Cob	Garlic Bread	Garlic Bread	
Allergens		<i>MILK, GLUTEN</i>	<i>MILK, GLUTEN</i>	<i>GLUTEN</i>	<i>GLUTEN</i>	<i>GLUTEN</i>



WEEK 2

COMBO OPTION	MENU DETAILS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Combo 1	Main Course	Beef Hakka Noodles	Irish Beef Stew	Shepperd's Pie	Grilled Chicken Drumstick	Chicken Slider w/ Carrot Cake
	Carb		Mashed Potato		Roast Potato Wedges	
	Side / Veg	Baked Spring Roll	Cheese Bread	Sweet Corn	Light Cocktail Sauce	
Allergen		<i>EGG, SOY</i>	<i>MILK, GLUTEN</i>	<i>MILK</i>	<i>MUSTARD, MILK</i>	<i>EGG, GLUTEN, MILK</i>
Combo 2	Main Course	Butter Chicken	Stir Sauteed Chicken with Veggies	Chicken Kadai	Kofta with Potato in Yogurt Sauce	Beef Slider w/Carrot Cake
	Carb	Butter Rice	Baked Tofu Bites	Steamed Rice	Vermicelli Rice	
	Side / Veg	Roasted Beet & Pumpkin	Steamed Rice	Baked Pakora	1pc Baked Spinach Fatayer	
Allergen		<i>MILK</i>	<i>SOY</i>	<i>MILK</i>	<i>MILK</i>	<i>EGG, GLUTEN, MILK</i>
Combo 3	Main Course	Vegetable Lasagna (V)	Penne Tomato & Basil sauce (V)	Plant Based Chicken Taco's (V)	Macaroni Bechamele Sauce (V)	Plant Based Meat Slider w/ Carrot Cake
	Carb	Roast Potato Wedges		Sweet Potato Stick		
	Side / Veg	Garlic Bread	Cheese Bread	Guacamole Cup	Garlic Bread	
Allergen		<i>MILK, GLUTEN</i>	<i>GLUTEN</i>	<i>GLUTEN</i>	<i>MILK, GLUTEN</i>	<i>GLUTEN, MILK</i>



COMBO OPTION	MENU DETAILS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Combo 1	Main Course	BBQ Chicken	Chicken Burger	Chicken Noodles	Spaghetti Bolognese	Chicken Shawarma Wrap / Oat Cake
	Carb	Roast Potato Cubes	Corn on the Cob			
	Side / Veg	Roast Carrot	Sliced Potato	Baked Spring Roll	Garlic Bread	
Allergen		MILK, MUSTARD	EGG	EGG, SOY	GLUTEN	MILK, GLUTEN
Combo 2	Main Course	Lamb Sfiha	Butter Chicken	Paneer Makhni (V)	Chicken Jalfrezi	Beef Shawarma Wrap / Oat Cake
	Carb	Baked Cajun Potato	Papadam	Steamed Rice	Vermicelli Rice	
	Side / Veg	Yoghurt Cup	Steamed Rice	Potato Wedges	Baked Beet	
Allergen		MILK	MILK	MILK		MILK, GLUTEN
Combo 3	Main Course	Tiropita (Cheese Pie) (V)	Broccoli Cheese Pasta (V)	Beef Lasagna	Veg Burrito (V)	Vegetable, Plant based chicken (or meat) Wrap/ Oat Cake
	Carb			Roast Potato Wedges	Baked Nachos	
	Side / Veg	Fresh Cucumber & Tomato Slices	Corn on the Cob	Garlic Bread	Tomato Salsa Cup	
Allergen		EGG, MILK	MILK, GLUTEN	GLUTEN, MILK	GLUTEN, MILK	GLUTEN



COMBO OPTION	MENU DETAILS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Combo 1	Main Course	Sweet & Sour Chicken	Baked Fish Tonkatsu	Stir Sauteed Beef with Veggies	Chicken Biryani	Chicken Slider w/Cake
	Carb	2 pcs Baked Spring Roll	Rustic Potato	Baked Tofu Bites	Pappad	
	Side / Veg	Steamed Rice	Steamed Corn	Steamed Rice	Raitha	
Allergen		<i>SOY</i>	<i>EGG, GLUTEN</i>	<i>SOY</i>	<i>MILK</i>	<i>EGG</i>
Combo 2	Main Course	Baked Beef Cannelloni	Vegetable Biryani (V)	Baked Panko Chicken Escalope	Beef Enchilada	Beef Slider w/Carrot Cake
	Carb		Pappad	Potato Wedges	Grilled Seasoned Corn	
	Side / Veg	Garlic Bread	Raitha	Corn on the Cob	Baked Potato	
Allergen		<i>MILK, GLUTEN</i>	<i>MILK</i>	<i>EGG, GLUTEN</i>	<i>MILK, GLUTEN</i>	<i>EGG</i>
Combo 3	Main Course	Potato Croquette (V)	Sicilian Chicken Spaghetti	Plant Based beef Chilli Con Carne (V)	Penne Pink Sauce (V)	Plant Based Meat Slider w/Carrot Cake
	Carb	Sweet Corn & Mushroom		Whole Baked Potato		
	Side / Veg	Light Sour Cream	Bread Sticks	Garlic Bread	Cheesy Bread	
Allergen		<i>EGG, MILK</i>	<i>GLUTEN, MILK</i>	<i>GLUTEN</i>	<i>MILK, GLUTEN</i>	<i>EGG</i>