

In this together Meatless Monday Week 1



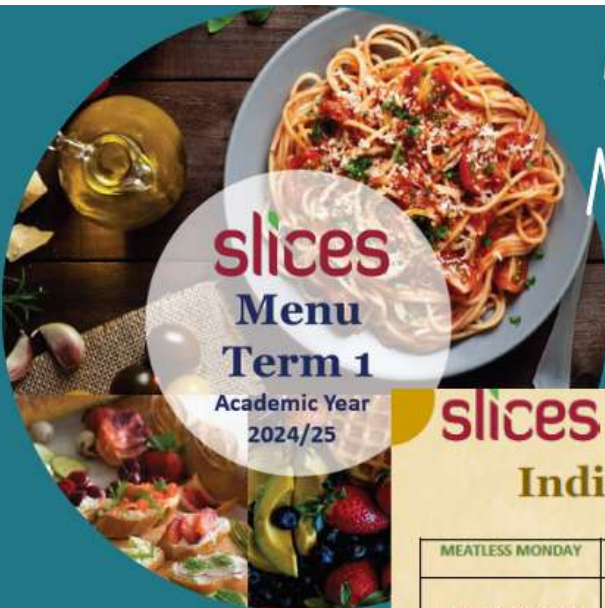
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Menu
Term 1
Academic Year
2024/25

slices

Indian/Arabic Hot Menu- Week 1

MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Vegetable Shami Kebab With Steam Rice And Yam Chickpea Curry (Carrot, Tomato, Garlic, Ginger, Red Onion, Basmati Rice, Low Sodium Salt, Peas, Canola Oil, Chickpeas, Yam, Flour, Low Fat Yogurt, Coriander Powder, Breadcrumbs, Turmeric, Cumin Powder, Garam Masala, Fresh Coriander, Fresh Mint) Allergen : Gluten, Milk</p>	<p>Chicken Bhuna Masala With Steam Rice With Chappathy (Chicken Breast, Low-fat Yogurt, Tomato, Garlic, Red Onion, Basmati Rice, Low Sodium Salt, Chappathy, Canola Oil, Curry Powder, Turmeric, Ginger, Garam Masala, Fresh Coriander, Fresh Mint, Lemon Juice) Allergen: Milk</p>	<p>Chicken Tikka Masala With Steam Rice (Chicken Breast, Low-fat Yogurt, Tomato, Garlic, Red Onion, Rice, Salt, Red Pepper, Corn Oil, Garam Masala, Low-fat Milk) Allergen : Milk</p>	<p>Chicken Biryani With Raita (Coriander Powder, Turmeric, Tomato, Garlic, Red Onion, Basmati Rice, Low-sodium Salt, Fresh Coriander, Chicken Breast, Canola Oil, Fresh Mint, Cucumber, Low-fat Yoghurt, Garam Masala Powder, Ginger, Fresh Mint, Fresh Coriander, Cardamom Powder) Allergen : Milk</p>	
<p>Aloo Gobi With Steamed Rice And Chappathy (Fresh Coriander Leaves, Low-fat Yoghurt, Tomato, Garlic, Red Onion, Basmati Rice, Low-sodium Salt, Potato, Canola Oil, Ginger Turmeric Powder, Coriander Powder, Cumin Powder, Cauliflower, Chappathy) Allergen : Milk</p>	<p>Paneer Masala With Steam Rice (Paneer, Low-fat Yogurt, Tomato, Garlic, Red Onion, Rice, Salt, Capsicum, Corn Oil, Cumin Powder, Coriander Leaves, Green Peas) Allergen : Milk</p>	<p>Macaroni & Cheese Gratin With Spiced Vegetable (Macaroni, Flour, Canola Oil, Low-fat Cheddar, Low-fat Mozzarella, Low Sodium Salt, Low Fat Milk, Baby Marrow, Broccoli, Carrot, Cauliflower, Yellow Zucchini) Allergen: Milk, Gluten</p>	<p>Vegetable Curry With Steam Rice And Chappathy (Coriander Powder, Turmeric, Tomato, Garlic, Red Onion, Carrot, Baby Marrow, Peppers, Fresh Coriander, Chappathy, Basmati Rice, Fresh Mint, Low-fat Yoghurt, Garam Masala Powder, Ginger, Fresh Mint, Fresh Coriander, Cauliflower) Allergen : Dairy, Gluten</p>	
<p>Pasta In Vegetable Tomato Sauce (Penne Pasta, Peel Tomato, Tomato Paste, Onion, Garlic, Carrot, Celery, Vegetable Stock, Olive Oil Capsicum, Low Fat Cheddar Cheese, Low Fat Mozzarella Cheese) Allergen: Milk, Gluten, Celery</p>	<p>Pasta With Cauliflower Alfredo Sauce (Penne Pasta, White Flour, Low Fat Milk, Mushroom, Vegetable Stock, Canola Oil, Low-fat Cheddar, Low-fat Mozzarella, Cauliflower) Allergen: Milk, Gluten, Celery</p>	<p>Pasta In Vegetable Taco Sauce (Penne Pasta, Tomato Peel, Veg Stock, Low Fat Cheddar Cheese, Fajita Seasoning, Low-fat Mozzarella, Low-fat Milk) Allergen: Milk, Gluten, Celery</p>	<p>Pasta In Vegetable Tomato Sauce (Penne Pasta, Peel Tomato, Tomato Paste, Onion, Garlic, Carrot, Celery, Vegetable Stock, Olive Oil Capsicum, Low Fat Cheddar Cheese, Low Fat Mozzarella Cheese) Allergen: Milk, Gluten, Celery</p>	<p>Pasta With Cauliflower Alfredo Sauce (Penne Pasta, White Flour, Low Fat Milk, Mushroom, Vegetable Stock, Canola Oil, Low-fat Cheddar, Low-fat Mozzarella, Cauliflower) Allergen: Milk, Gluten, Celery</p>

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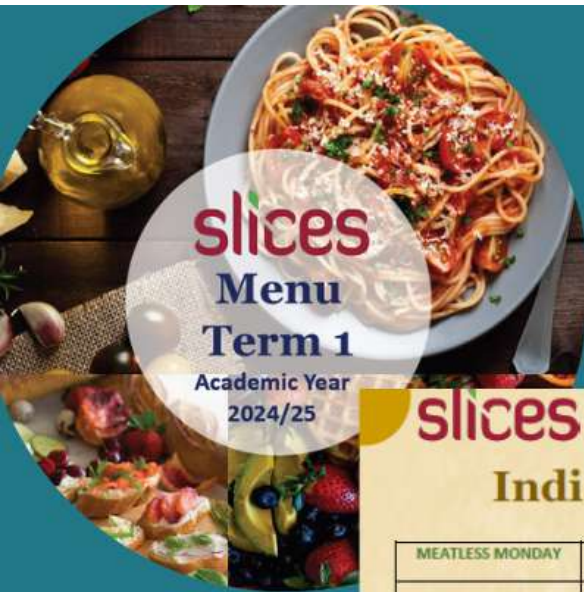
In this together Meatless Monday Week 2



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MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Mushroom Goan Curry With Steam Rice And Peas Chuntal (Mushrooms, Low-Fat Yogurt, Tomato, Garlic, Red Onion, Basmati Rice, Low-sodium Salt, Peas, Canola Oil, Curry Powder, Fresh Coriander Leaves, Fresh Mint Leaves, Coriander Powder, Turmeric, Cumin Powders) Allergen: Milk</p>	<p>Chicken Jalfrezi With Steam Rice And Roast Vegetable (Chicken Breast, Low-fat Yogurt, Tomato, Garlic, Red Onion, Basmati Rice, Low Sodium Salt, Canola Oil, Curry Powder, Turmeric, Ginger, Garam Masala, Fresh Coriander, Fresh Mint, Cauliflower, Baby Marrow, Capsicum) Allergen: Milk</p>	<p>Chicken Keema With Steam Rice, Chappathy And Carrot (Chicken Mince, Low-Fat Yogurt, Tomato, Garlic, Red Onion, Basmati Rice, Low Sodium Salt, Potato, Canola Oil, Cumin Powder, Turmeric, Ginger, Garam Masala, Fresh Coriander, Fresh Mint, Peas, Chappathy) Allergen: Milk</p>	<p>Chicken Biryani With Raita (Coriander Powder, Turmeric, Tomato, Garlic, Red Onion, Basmati Rice, Low-sodium Salt, Fresh Coriander, Chicken Breast, Canola Oil, Fresh Mint, Cucumber, Low-fat Yoghurt, Garam Masala Powder, Ginger, Fresh Mint, Fresh Coriander, Cardamom Powder) Allergen: Milk</p>	
<p>Vegetable Fried Rice With Spring Roll And Sweet & Sour Sauce (Spring Roll, Carrot, Tomato, Garlic, Ginger, Red Onion, Basmati Rice, Peas, Canola Oil, Lemon Juice, Green Beans, Soya Sauce, Fresh Coriander, Fresh Parsley, Tomato Peel, Celery Stick) Allergen: Soy, Celery</p>	<p>Stir Fry Vegetable Noodle With Periperi Sauce (Carrot, Tomato, Garlic, Ginger, Red Onion, Noodles, Peas, Canola Oil, Lemon Juice, Green Beans, Soya Sauce, Fresh Coriander, Fresh Parsley, Tomato Peel, Celery Stick, Vegetable Stock Powder, Sweet Chili Sauce) Allergen: Gluten, Soy, Celery</p>	<p>Aloo Mutter With Steam Rice, Chappathy and Carrot (Green Peas, Low Fat Yoghurt, Tomato, Garlic, Red Onion, Basmati Rice, Chappathy, Low-sodium Salt, Potato, Canola Oil, Ginger, Turmeric Powder, Coriander Powder, Cumin Powder, Coriander Fresh) Allergen: Milk, Gluten</p>	<p>Vegetable Curry With Steam Rice And Chappathy (Carrot, Potato, Mushroom, Peppers, Baby Marrow, Low-fat Yogurt, Tomatoes, Coriander, Mint, Ginger, Garlic, Chappathy, Garlic, Red Onion, Rice, Salt, Potato, Corn Oil) Allergen: Milk, Gluten</p>	
<p>Pasta In Vegetable Tomato Sauce (Penne Pasta, Peel Tomato, Tomato Paste, Onion, Garlic, Carrot, Celery, Vegetable Stock, Olive Oil Capsicum, Low Fat Cheddar Cheese, Low Fat Mozzarella Cheese) Allergen: Milk, Gluten, Celery</p>	<p>Pasta With Cauliflower Alfredo Sauce (Penne Pasta, White Flour, Low Fat Milk, Mushroom, Vegetable Stock, Canola Oil, Low-fat Cheddar, Low-fat Mozzarella, Cauliflower) Allergen: Milk, Gluten, Celery</p>	<p>Pasta In Vegetable Taco Sauce (Penne Pasta, Tomato Peel, Veg Stock, Low Fat Cheddar Cheese, Fajita Seasoning, Low-fat Mozzarella, Low-fat Milk) Allergen: Milk, Gluten, Celery</p>	<p>Pasta In Vegetable Tomato Sauce (Penne Pasta, Peel Tomato, Tomato Paste, Onion, Garlic, Carrot, Celery, Vegetable Stock, Olive Oil Capsicum, Low Fat Cheddar Cheese, Low Fat Mozzarella Cheese) Allergen: Milk, Gluten, Celery</p>	<p>Pasta With Cauliflower Alfredo Sauce (Penne Pasta, White Flour, Low Fat Milk, Mushroom, Vegetable Stock, Canola Oil, Low-fat Cheddar, Low-fat Mozzarella, Cauliflower) Allergen: Milk, Gluten, Celery</p>

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In this together Meatless Monday Week 3



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Indian/Arabic Hot Menu- Week 3

MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Paneer Curry With Steam Rice And Channa Chuntal (Chickpea, Low-fat Yogurt, Tomato, Garlic, Red Onion, Basmati Rice, Low Sodium Salt, Paneer, Canola Oil, Lemon Juice, Coriander Powder, Turmeric, Cumin Powder, Garam Masala) Allergen: Milk</p>	<p>Shish Tawook With Roasted Potato, Yoghurt And Pita Bread (Chicken Breast, Low-fat Yogurt, Tomato, Garlic, Red Onion, Capsicum, Low Sodium Salt, Potato, Canola Oil, Lemon Juice, Pita Bread) Allergen: Milk</p>	<p>Chicken Biryani With Raita (Coriander Powder, Turmeric, Tomato, Garlic, Red Onion, Basmati Rice, Low-sodium Salt, Fresh Coriander, Chicken Breast, Canola Oil, Fresh Mint, Cucumber, Low-fat Yoghurt, Garam Masala Powder, Ginger, Fresh Mint, Fresh Coriander, Cardamom Powder) Allergen: Milk</p>	<p>Chicken Kebab With Steam Rice And Dal Fry (Rice, Chicken Breast, Lentil, Coriander, Garam masala, Garlic, Basmati Rice, Capsicum, Onion, Garlic, Turmeric, Yoghurt) Allergen: Milk</p>	
<p>Vegetable Masala With Kabza Rice And Raita (Potato, Low-fat Yoghurt, Tomato, Garlic, Red Onion, Basmati Rice, Low Sodium Salt, Canola Oil, Baby Marrow, Dry Lemon, Capsicum, Coriander Powder, Turmeric, Cumin Powder, Fresh Coriander, Fresh Mint Leaves.) Allergen: Milk</p>	<p>Spaghetti Napolitana With Grilled Vegetables (Spaghetti, Low-fat Mozzarella, Tomato Paste, Garlic, Red Onion, Tomato, Canola Oil, Parsley, Low-sodium Salt, Carrot, Baby Marrow, Eggplant, Green Capsicum, Low-fat Cheddar) Allergen: Milk, Gluten, Celery</p>	<p>Vegetable Kadai With Steam Rice And Roasted Carrot (Baby Marrow, Red Onion, Tomato, Garlic, Ginger, Canola Oil, Low Sodium Salt, Basmati Rice, Low-fat Yoghurt, Coriander Powder, Turmeric, Cumin Powder, Potato, Capsicum, Carrot) Allergen: Milk</p>	<p>Black Eye Bean Curry With Methi Pulao And Chappathy (Rice, Carrots, Green Beans, Onion, Garlic, Ginger, Tomato, Black eye Bean, Turmeric Powder, Salt, Coriander Powder, Garam Masala, Low-fat Yogurt, Chappathy, Fresh Coriander) Allergen: Milk</p>	
<p>Pasta In Vegetable Tomato Sauce (Penne Pasta, Peel Tomato, Tomato Paste, Onion, Garlic, Carrot, Celery, Vegetable Stock, Olive Oil Capsicum, Low Fat Cheddar Cheese, Low Fat Mozzarella Cheese) Allergen: Milk, Gluten, Celery</p>	<p>Pasta With Cauliflower Alfredo Sauce (Penne Pasta, White Flour, Low Fat Milk, Mushroom, Vegetable Stock, Canola Oil, Low-fat Cheddar, Low-fat Mozzarella, Cauliflower) Allergen: Milk, Gluten, Celery</p>	<p>Pasta In Vegetable Taco Sauce (Penne Pasta, Tomato Peel, Veg Stock, Low Fat Cheddar Cheese, Fajita Seasoning, Low-fat Mozzarella, Low-fat Milk) Allergen: Milk, Gluten, Celery</p>	<p>Pasta In Vegetable Tomato Sauce (Penne Pasta, Peel Tomato, Tomato Paste, Onion, Garlic, Carrot, Celery, Vegetable Stock, Olive Oil Capsicum, Low Fat Cheddar Cheese, Low Fat Mozzarella Cheese) Allergen: Milk, Gluten, Celery</p>	<p>Pasta With Cauliflower Alfredo Sauce (Penne Pasta, White Flour, Low Fat Milk, Mushroom, Vegetable Stock, Canola Oil, Low-fat Cheddar, Low-fat Mozzarella, Cauliflower) Allergen: Milk, Gluten, Celery</p>

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