



October 14 - 18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Chicken Chimichanga (Tortilla, Chicken Fillet, Kidney Beans, Onions, Garlic, Bell Peppers, Tomato Sauce) Mexican Rice (Tomato Sauce, Onions, Garlic, Green Peas, Corn, Bell Peppers) 560 kcal	Beef, Vegetables & Potato Goulash (Onion, Carrot, Celery) 540 kcal	Chicken & Vege Wok (Bell Peppers, Onions, Carrots, Cabbage, Garlic Noodles 520 kcal	Spaghetti Bolognese (Beef, Carrots, Onions, Celery, Garlic) Parmesan Cheese 670 kcal	Tuna & Tomato Ragu Rigatoni 690 kcal
Main Course Vege	Vege & Soy Medallion Goulash (Kale, Chickpeas, Carrots, Celery) 420 kcal	Spinach & Mushroom Lasagne (Tomato Sauce, Soy Milk Béchamel) 550 kcal	Red Lentil Dhal (Red Lentils, Spinach, Onions, Garlic, Turmeric, Cumin, Red paprika Powder. Coconut Milk) Basmati Rice 470 kcal	Pumpkin Gnocchi Gorgonzola & Cheese Sauce 620 kcal	Chana Masala (Chickpeas, Tomato, Onions, Garlic, Ginger, Coriander, Turmeric, Cardamom) Basmati Rice 520 kcal
Dessert	Fruit Yoghurt	Fresh Fruit	Seasonal Fruit Salad (Pineapple, Grapes, Kiwi, Apple, Pear)	Fresh Fruit	Fruit Yoghurt
Weekly Soups	Clear Beef Soup with Noodles 215 kcal / Tomato Soup with Croutons 255 kcal				
Composed Salad & Bruschetta	Mexican Salad (Black beans, Sweet Potatoes, Tomatoes, Cottage Cheese), Tortilla Strips, Lime Yogurt Dressing 275 kcal				
Chef's Choice	Pork & Crunchy Vegetables Wok (Carrots, Peppers, Zucchini) Basmati Rice 700 kcal	Asian Chicken Bowl (Peppers, Carrots, Cucumbers, Chicken Fillet) Udon Noodles 270 kcal	Beef Brasato (Carrots, Celery, Red Paprika, Onion, Garlic) Creamy Polenta 740 kcal	Fried Chicken Burger & French Fries (Brioche Bun, Salad, BBQ Sauce, Pickles, Feta Cheese) 740 kcal	Gratin Piadina with Grilled Turkey Fillet & Vegetables (Zucchini, Bell Peppers, Corn) 520 kcal

