







SCHOOL 21 WEEKLY LUNCH MENU

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 MAIN	Macaroni and cheese NF 16/32g	Teriyaki chicken karaage steam rice GF, DF, NF, VG 29/57g	Pumpkin and cheese lasagna GF, DF, NF, VG 29/57g	Chili con carne Rice GF, DF, NF, VG 29/57g	Fish tacos, rice GF, DF, NF, VG 29/57g
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Vegetarian </div>	Roasted pepper pasta NF 16/32g	Teriyaki tofu karaage steam rice GF, DF, NF, VG 29/57g	Pumpkin and cheese lasagna GF, DF, NF, VG 29/57g	Vegan chili con carne GF, DF, NF, VG 29/57g	Veg tacos, rice GF, DF, NF, VG 29/57g
 SANDWICH SHACK	Cheese and tomato V, NF 15/30g	Cheese and tomato V, NF 15/30g	Cheese and tomato V, NF 15/30g	Cheese and tomato V, NF 15/30g	Cheese and tomato V, NF 15/30g
 PASTA					
 VEG	Tender stem broccoli	White cabbage and carrot Japanese dressing	Coleslow	Guacamole Salsa sauce Sour cream	Salsa verde Guacamole Sour cream
 SALAD	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
 DESSERT	Fresh fruit yoghurts	Fresh fruit yoghurts	Fresh fruit yoghurts	Fresh fruit yoghurts	Fresh fruit yoghurts

GF=Gluten free/DF=Dairy free/V=Vegetarian/VG=Vegan/NF=Nutfree/F=Fish/EG=Eggs/PE=Peanuts/S=Soya/M=Mustard/S=Sesame/SF=Shellfish/L=Lupin



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