






SCHOOL 21 WEEKLY LUNCH MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 MAIN	Sage tomato and artichoke pasta NF 16/32g	Beef Tacos Kidney bean and rice GF, DF, NF 29/57g	Falafel Turkish bulgur GF, NF, V, VG 20/38g	Butter chicken Rice GF, DF, NF, 18/38g	Fish nuggets and chips GF, DF, NF, 29/57g
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Vegetarian </div>	Sage tomato and artichoke pasta DF, NF, V, VG 16/32g	Veg Tacos Kidney bean and rice GF, DF, NF, VG 27/57g	Falafel Turkish bulgur GF, DF, NF, V, VG 18/38g	Vegan Curry GF, NF, V, VG 18/38g	Vegan nuggets and chips GF, DF, NF, VG, V 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	Italian Salad	Salsa Verde	Bread, hummus, beetroot yoghurt, turnips pickles and salad	sagaloo	Rainbow coleslaw
 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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