

LUNCH MENU 7/1-10/1

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup – V Carrot & Ginger	Soup – V Mushroom	Soup – V Sweet Potato	Soup – V Pumpkin
Legumes - Vegetables – V Aubergines, tomato & parmesan Lentils Grilled Vegetables	Legumes - Vegetables – V White Beans Boiled Vegetables	Legumes - Vegetables – V Lentils Boiled Vegetables	Legumes - Vegetables – V Lentils Boiled Vegetables
Pasta Penne with Tomato V Mac & Cheese V Spaghetti Bolognese Orzo with Tomato	Pasta Penne with Tomato V Penne with Pesto V Penne Carbonara	Pasta Mac & Cheese V Penne with Tomato V Noodles with vegetables V Orzo with tomato	Pasta Penne with Tomato V Mac & Cheese V Penne Pesto V
Hot Grilled Chicken Breast Chicken Souvlaki Sweet & Sour Chicken Meat Balls Homemade Hamburger Beef or chicken gyros Homemade Chicken strips	Hot Grilled Chicken Breast Afelia Chicken Curry Beef or chicken gyros Homemade Chicken strips	Hot Grilled Chicken Breast Chicken Souvlaki Chicken Korma Pork kebab in pita Homemade Hamburger Beef or chicken gyros Homemade Chicken strips	Hot Grilled Chicken Breast Sweet & Sour Chicken Pork kebab in pita Beef or chicken gyros Homemade Chicken strips
Side Dishes Rice with vegetables Bulgur Pilaf Mozzarella Sticks French fries Curly Fries	Side Dishes Rice with vegetables Bulgur Pilaf Mozzarella Sticks French fries Curly Fries	Side Dishes Rice Mozzarella Sticks French fries Curly Fries	Side Dishes Rice Potato Puree Mozzarella Sticks French fries Curly Fries