

# SEPTEMBER MENU

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2024



WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEEK 1 1 – 5 <sup>th</sup>	<ul style="list-style-type: none"> <li>-Coleslaw salad</li> <li>-Steamed broccoli</li> <li>-Creamy pasta (v)</li> <li>-Grilled chicken &amp; vegetables</li> </ul>	<ul style="list-style-type: none"> <li>-Green salad</li> <li>-Sauteed green beans</li> <li>-Chicken fried rice with veggies</li> <li>-Chicken escalope</li> </ul>	<ul style="list-style-type: none"> <li>-Greek salad</li> <li>-Grilled zucchini &amp; cauliflower</li> <li>-Sweet chili chicken with rice</li> <li>-Chinese noodles (v)</li> </ul>	<ul style="list-style-type: none"> <li>-Caesar salad</li> <li>-Cauliflower &amp; zucchini</li> <li>-Chicken fajitas with rice</li> <li>-Vegetarian lasagna (v)</li> </ul>	<ul style="list-style-type: none"> <li>-Cabbage salad</li> <li>-Mac n' Cheese</li> <li>-Breaded chicken with wedges</li> <li>-French fries</li> </ul>
WEEK 2 4-8 <sup>th</sup>	<ul style="list-style-type: none"> <li>-Rocket salad</li> <li>-Cauliflower &amp; green beans</li> <li>-Butter chicken with rice</li> <li>-Chicken escalope with mash</li> </ul>	<ul style="list-style-type: none"> <li>-Mediterranean salad</li> <li>-Sauteed green beans</li> <li>-Beef stroganoff</li> <li>-Chinese sweet &amp; sour with rice</li> </ul>	<ul style="list-style-type: none"> <li>-Greek salad</li> <li>-Boiled vegetables mix</li> <li>-Chicken parm with mash</li> <li>-Veggie pasta (v)</li> </ul>	<ul style="list-style-type: none"> <li>-Rocket salad</li> <li>-Roasted carrots &amp; broccoli</li> <li>-Honey mustard chicken with rice</li> <li>-Creamy rose rigatoni (v)</li> </ul>	<ul style="list-style-type: none"> <li>-Coleslaw salad</li> <li><b>Burger day</b></li> <li>-Chicken burgers</li> <li>-Beef burgers</li> <li>-Wedges</li> </ul>
Week 3 11 <sup>th</sup> -15 <sup>th</sup>	<ul style="list-style-type: none"> <li>-Green salad</li> <li>-Boiled carrots &amp; broccoli</li> <li>-Chicken tikka masala with rice</li> <li>-Beef teriyaki with rice</li> </ul>	<ul style="list-style-type: none"> <li>-Caesar salad</li> <li>-Sauteed broccoli</li> <li>-Nashville chicken with rice</li> <li>-Penne arrabiata (v)</li> </ul>	<ul style="list-style-type: none"> <li>-Greek salad</li> <li>-Sauteed cauliflower &amp; broccoli</li> <li>-Tuscan chicken with rice</li> <li>-Fettucine alfredo (v)</li> </ul>	<ul style="list-style-type: none"> <li>-Caesar salad</li> <li>-Steamed broccoli</li> <li>-Chicken teriyaki with rice</li> <li>-Beef lasagna</li> </ul>	<ul style="list-style-type: none"> <li>-Coleslaw salad</li> <li>-Hot dogs</li> <li>-Mac n' Cheese</li> <li>-Breaded chicken with wedges</li> <li>-French fries</li> </ul>
Week 4 18 <sup>th</sup> -22 <sup>nd</sup>	<ul style="list-style-type: none"> <li>-Cabbage salad</li> <li>-Sauteed cauliflower with bell peppers</li> <li>-Mongolian Beef with rice</li> <li>-Chicken escalope with mash</li> </ul>	<ul style="list-style-type: none"> <li>-Greek salad</li> <li>-Steamed cauliflower &amp; broccoli</li> <li>-Chicken teriyaki with noodles</li> <li>-Vegetarian kabsa with tzatziki (v)</li> </ul>	<ul style="list-style-type: none"> <li>-Mediterranean salad</li> <li>-Roasted zucchini &amp; cauliflower</li> <li>-Tri colour pasta (v)</li> <li>-Lemon chicken with rice</li> </ul>	<ul style="list-style-type: none"> <li>-Cabbage salad</li> <li>-Boiled vegetables mix</li> <li>-Green pasta (v)</li> <li>-Korean chicken</li> </ul>	<ul style="list-style-type: none"> <li>-Caesar salad</li> <li>-Chicken shawarma</li> <li>-Cheesy quesadillas with veggies (v)</li> </ul>
Week 5 25 <sup>th</sup> -29 <sup>th</sup>	<ul style="list-style-type: none"> <li>-Rocket salad</li> <li>-Sauteed green beans</li> <li>-Tuscan chicken with rice</li> <li>-Chinese noodles with veggies (v)</li> </ul>	<ul style="list-style-type: none"> <li>-Mediterranean salad</li> <li>-Boiled vegetables mix</li> <li>-Egg fried rice with vegetables (v)</li> <li>-Broasted chicken with mash</li> </ul>	<ul style="list-style-type: none"> <li>-Green salad</li> <li>-Grilled zucchini &amp; carrots</li> <li>-Beef teriyaki with rice</li> <li>-Penne arrabiata (v)</li> </ul>	<ul style="list-style-type: none"> <li>-Fattoush salad</li> <li>-Boiled cauliflower &amp; peas</li> <li>-Chicken adobo with rice</li> <li>-Fettucine alfredo (v)</li> </ul>	<ul style="list-style-type: none"> <li>-Coleslaw salad</li> <li><b>Wings day!!</b></li> <li>-Multiple types of wings</li> <li>-Chicken nuggets</li> <li>-French fries.</li> </ul>