

**Standard Menu**

**Vegetarian**

**Salad Bar**

Day	Standard Menu	Vegetarian	Salad Bar
<b>Mon</b> 	<b>Spaghetti with a tomato cream sauce and fresh basil</b> <b>a, a.1, g</b>  <b>Dessert: fresh regional fruit</b>	<b>Spaghetti with fresh mushrooms in garlic olive oil</b> <b>a, a.1</b>  <b>Dessert: fresh regional fruit</b>	<b>Couscous Salad</b>  <b>Tomato, Cucumber, Carrot Julienne, Bell Pepper, White Coleslaw, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes</b>  <b>Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard</b>
<b>Tue</b> 	<b>Chicken curry masala with rice</b> <b>i</b>  <b>Dessert: Mango Lassi</b> <b>g</b>	<b>Chickpea curry with rice</b> <b>g</b>  <b>Dessert: Mango Lassi</b> <b>g</b>	<b>Chickpea Salad</b>  <b>Tomato, Cucumber, Carrot Julienne, Bell Pepper, Red Cabbage, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes</b>  <b>Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard</b>
<b>Wed</b> 	<b>Turnip soup with grain rolls</b> <b>a, a.1, i</b>  <b>Dessert: fresh regional fruit</b>	<b>Tomato cream soup with grain rolls</b> <b>a, a.1, g</b>  <b>Dessert: fresh regional fruit</b>	<b>Bulgur Salad</b>  <b>Tomato, Cucumber, Carrot Julienne, Bell Pepper, Beet Rote, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes</b>  <b>Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard</b>
<b>Thu</b>	<b>Public Holiday</b>	<b>Public Holiday</b>	<b>Lentil Salad</b>  <b>Tomato, Cucumber, Carrot Julienne, Bell Pepper, White Coleslaw, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes</b>  <b>Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard</b>
<b>Fri</b> 	<b>Chicken nuggets with wedges of broccoli and two types of dips</b> <b>a, a.1, g</b>  <b>Dessert: fresh regional fruit</b>	<b>Nuggets with wedges and broccoli with two types of dips</b> <b>a, a.1, g, i</b>  <b>Dessert: fresh regional fruit</b>	<b>Quinoa Salad</b>  <b>Tomato, Cucumber, Carrot Julienne, Bell Pepper, Red Coleslaw, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes</b>  <b>Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard</b>

The allergy and vegan meals will align with the regular lunch menu, with careful exclusion of any allergenic ingredients



= Vegan



= Lactose free



= Gluten free

a Cereals containing gluten  
a1 contains wheat  
a2 contains rye  
a3 contains barley  
a4 contains oats  
a5 contains spelt  
a6 contains kamut  
b contains crustaceans  
c contains eggs

d contains fish  
e contains peanut  
f contains soy  
g contains milk and milk products  
h contains nuts  
h1 contains almond  
h2 contains hazelnut  
h3 contains walnut  
h4 contains cashew nut

h5 contains pecan  
h6 contains Brazil nut  
h7 contains pistachio  
h8 contains macadamia nut  
i contains celery  
j contains mustard  
k contains sesame  
l contains sulphur dioxide  
m contains lupine  
n contains molluscs