

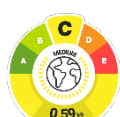
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Beef Lasagna with Focaccia</b> Beef Mince, Lasagna Sheet, Tomato, Onion, Garlic, Cheddar, Flour, Milk, Carrot, Celery and Focaccia Bread	<b>Chicken Pizza Margarita with Potato Wedges and Salad</b> Flatbread, Chicken, Tomato, Mozzarella, Potato, Lettuce, Carrot, Tomato, Celery, Onion, Garlic	<b>Chicken Tikka Masala with Steam Rice</b> Chicken, Onion, Tomato, Ginger, Coriander, Cumin, Garlic, Low-fat Yogurt, Rice	<b>Beef Bourguignon with Mash Potato and Baguette</b> Beef, Potato, Tomato, Onion, Garlic, Milk, Carrot, Celery, Milk	
Allergen: Gluten, Dairy, Celery	Allergen: Milk, Gluten, Celery	Allergen : Milk	Allergen: Milk, Celery, Gluten	
 <b>3.21Kg CO2eq /serving</b>	 <b>0.77Kg CO2eq /serving</b>	 <b>0.75Kg CO2eq /serving</b>	 <b>2.55Kg CO2eq /serving</b>	
<b>Meatless Meatball Pasta</b> Spaghetti, tomato, green lentil, white onion, beans, parmesan cheese, black beans, cumin, coriander, mushroom, olive oil, garlic, mustard seed	<b>Vegetable Noodle</b> Rice Noodles, Baby marrow, Carrot, Beans, Tomato, Balsamic, Onion, Garlic, Vegetable Stock	<b>Mushroom Stroganoff with Steam Rice</b> Mushrooms, Capsicum, Onion, Garlic, low-fat Yogurt, Vegetable Stock, Corn flour, Salt , Rice	<b>Vegetable Kabsa &amp; Yoghurt</b> Rice, Dry Lemon, Capsicum, Low-fat Yogurt, Turmeric, Coriander, Garlic, Onion, Ginger, Carrot	
Allergen: Milk, Gluten	Allergen: Celery	Allergen: Milk, Celery, Gluten	Allergen : Milk	
 <b>0.47Kg CO2eq /serving</b>	 <b>0.50Kg CO2eq /serving</b>	 <b>0.60Kg CO2eq /serving</b>	 <b>0.54Kg CO2eq /serving</b>	
<b>Pasta with Tomato Sauce</b> Penne Pasta, Tomato, Celery, Capsicum, Carrot, Vegetable Stock, Onion, Garlic, Mozzarella	<b>Pasta Alfredo Sauce</b> Penne Pasta, Mushroom, Milk, Flour, Onion, Garlic, Vegetable Stock, Mozzarella	<b>Basil Pesto Pasta Sauce</b> Penne Pasta, Basil, Onion, Garlic, Vegetable Stock Parmesan	<b>Pasta with Tomato Sauce</b> Penne Pasta, Tomato, Celery, Capsicum, Carrot, Vegetable Stock, Onion, Garlic, Mozzarella	<b>Pasta Alfredo Sauce</b> Penne Pasta, Mushroom, Milk, Flour, Onion, Garlic, Vegetable Stock, Mozzarella
Allergen: Milk, Celery, Gluten	Allergen: Milk, Celery, Gluten	Allergen: Milk, Celery, Gluten	Allergen: Milk, Celery, Gluten	Allergen: Milk, Celery, Gluten
 <b>0.20Kg CO2eq /serving</b>	 <b>0.47Kg CO2eq /serving</b>	 <b>0.54Kg CO2eq /serving</b>	 <b>0.20Kg CO2eq /serving</b>	 <b>0.47Kg CO2eq /serving</b>
<b>Grilled Vegetables</b>	<b>Sweet Corn</b>	<b>Root Vegetables</b>	<b>Medley Vegetables</b>	<b>Crudities</b>
 <b>0.02Kg CO2eq /serving</b>	 <b>0.10Kg CO2eq /serving</b>	 <b>0.02Kg CO2eq /serving</b>	 <b>0.02Kg CO2eq /serving</b>	 <b>0.02Kg CO2eq /serving</b>



Super Climate Friendly Choice



The planet will thank you



Good Sustainable Effort



Balance is key, try to get your grains, fruit and vegetables in



Everyone deserves a treat!

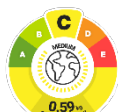
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Beef Stroganoff with Steamed Rice</b> Beef, Mushroom, Garlic, Onion, Corn Flour, Peppers, Vegetable Stock, Low-fat Yogurt & Rice	<b>Chicken Gratin with Sweet Potato Mash and Tomato Twist Bread</b> Chicken, Flour, Milk, Mozzarella, Broccoli, Garlic, Onion, Vegetable Stock, Cheddar, Sweet Potato and Bread	<b>Chicken Biryani &amp; Raita</b> Rice, Chicken, Cumin, Turmeric, Coriander, Mint, Garlic, Onion, Ginger, Low-fat Yogurt	<b>Spaghetti Bolognese</b> Spaghetti, Beef, Garlic, Celery, Carrot, Oregano, Vegetable Stock, Tomato	
<b>Allergen:</b> Milk, Gluten, Celery	<b>Allergen:</b> Gluten, Celery, Milk	<b>Allergen:</b> Milk	<b>Allergen:</b> Gluten, Celery	
 CO <sub>2</sub> Very High 2.71Kg CO <sub>2</sub> eq /serving	 CO <sub>2</sub> Medium 0.89Kg CO <sub>2</sub> eq /serving	 CO <sub>2</sub> High 1.06Kg CO <sub>2</sub> eq /serving	 CO <sub>2</sub> Very High 1.78Kg CO <sub>2</sub> eq /serving	
<b>Cauliflower &amp; Broccoli Gratin &amp; Baguette</b> Cauliflower, Broccoli, Flour, Cheddar, Garlic, Onion, Vegetable Stock, Baguette	<b>Mixed Bean Ragu with Rice Pilaf</b> Mixed Beans, Peas, Vegetable Stock, Onion, Garlic, Tomato, Rice	<b>Mushroom Rigatoni &amp; Focaccia</b> Rigatoni Pasta, Mushroom, Flour, Milk, Onion, Vegetable Stock, Garlic and Focaccia Bread	<b>Vegetable Biryani &amp; Raita</b> Rice, Peas, Low-fat Yogurt, Turmeric, Coriander, Mint, Garlic, Onion, Ginger, Carrot, Beans	
<b>Allergen:</b> Milk, Celery, Gluten	<b>Allergen:</b> Celery	<b>Allergen:</b> Milk, Celery, Gluten	<b>Allergen:</b> Milk	
 CO <sub>2</sub> Medium 0.88Kg CO <sub>2</sub> eq /serving	 CO <sub>2</sub> Low 0.41Kg CO <sub>2</sub> eq /serving	 CO <sub>2</sub> Low 0.22Kg CO <sub>2</sub> eq /serving	 CO <sub>2</sub> Medium 0.55Kg CO <sub>2</sub> eq /serving	
<b>Pasta with Tomato Sauce</b> Penne Pasta, Tomato, Celery, Capsicum, Carrot, Vegetable Stock, Onion, Garlic, Mozzarella	<b>Pasta Alfredo Sauce</b> Penne Pasta, Mushroom, Milk, Flour, Onion, Garlic, Vegetable Stock, Mozzarella	<b>Basil Pesto Pasta Sauce</b> Penne Pasta, Basil, Onion, Garlic, Vegetable Stock, Parmesan	<b>Pasta with Tomato Sauce</b> Penne Pasta, Tomato, Celery, Capsicum, Carrot, Vegetable Stock, Onion, Garlic, Mozzarella	<b>Pasta Alfredo Sauce</b> Penne Pasta, Mushroom, Milk, Flour, Onion, Garlic, Vegetable Stock, Mozzarella
<b>Allergen:</b> Milk, Celery, Gluten	<b>Allergen:</b> Milk, Celery, Gluten	<b>Allergen:</b> Milk, Celery, Gluten	<b>Allergen:</b> Milk, Celery, Gluten	<b>Allergen:</b> Milk, Celery, Gluten
 CO <sub>2</sub> Low 0.20Kg CO <sub>2</sub> eq /serving	 CO <sub>2</sub> Low 0.47Kg CO <sub>2</sub> eq /serving	 CO <sub>2</sub> Low 0.20Kg CO <sub>2</sub> eq /serving	 CO <sub>2</sub> Low 0.47Kg CO <sub>2</sub> eq /serving	 CO <sub>2</sub> Low 0.20Kg CO <sub>2</sub> eq /serving
<b>Oriental Salad</b>	<b>Garlic Herbed Infused Vegetables</b>	<b>Green Peas</b>	<b>Roasted Vegetables</b>	<b>Sweet Corn</b>
 CO <sub>2</sub> Very Low 0.17Kg CO <sub>2</sub> eq /serving	 CO <sub>2</sub> Very Low 0.05Kg CO <sub>2</sub> eq /serving	 CO <sub>2</sub> Very Low 0.02Kg CO <sub>2</sub> eq /serving	 CO <sub>2</sub> Very Low 0.02Kg CO <sub>2</sub> eq /serving	 CO <sub>2</sub> Very Low 0.10Kg CO <sub>2</sub> eq /serving



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chicken Lasagna with Focaccia</b> Chicken Mince , Lasagna Sheet, Tomato, Onion, Garlic, Cheddar, Flour, Milk, Carrot, Celery, Focaccia	<b>Chicken Stew with Mash Potato and Baguette</b> Potato, Chicken, Onion, Milk, Tomato, Celery, Garlic, Carrot, Capsicum	<b>Beef Meatball with Baked Potato and Yoghurt</b> Beef Mince, Parmesan, Parsley, Tomato, Garlic, Onion, Potato, Low-fat Yoghurt	<b>Shish Tawook With Roasted Potato, Yoghurt and Arabic Bread</b> Chicken , Capsicum, Tomato, Garlic, Onion, Potato, Low-fat Yoghurt, Lemon, Arabic bread	
<b>Allergen: Gluten, Dairy, Celery</b>	<b>Allergen: Milk, Gluten, Celery</b>	<b>Allergen: Milk ,Gluten</b>	<b>Allergen: Milk, Gluten</b>	
 <b>1.47Kg CO2eq /serving</b>	 <b>0.31Kg CO2eq /serving</b>	 <b>2.27Kg CO2eq /serving</b>	 <b>0.51Kg CO2eq /serving</b>	
<b>Green Lasagne</b> Spinach, Lasagne sheet, low-fat milk, low-fat parmesan, nutmeg, olive oil, white onion, garlic, vegetable stock, low-fat cheddar, flour	<b>Ravioli Tomato Sauce with Focaccia</b> Ravioli, Carrot, Capsicum, Celery, Tomato, Onion, Vegetable Stock, Garlic, Mozzarella, Focaccia	<b>Pizza Margarita with Roasted Potato and Salad</b> Flatbread, Tomato, Mozzarella, Potato, Lettuce, Carrot, Tomato, Celery, Onion, Garlic	<b>Macaroni Cheese Gratin with Tomato Twist Bread</b> Macaroni, Cheddar, Vegetable Stock, Mozzarella, Flour, Milk, Tomato Twist Bread	
<b>Allergen: Milk, Celery, Gluten</b>	<b>Allergen: Milk, Celery, Gluten</b>	<b>Allergen: Milk, Gluten, Celery</b>	<b>Allergen: Milk, Gluten, Celery</b>	
 <b>0.80Kg CO2eq /serving</b>	 <b>0.67Kg CO2eq /serving</b>	 <b>0.76Kg CO2eq /serving</b>	 <b>0.62Kg CO2eq /serving</b>	
<b>Pasta with Tomato Sauce</b> Penne Pasta, Tomato, Celery, Capsicum, Carrot, Vegetable Stock, Onion, Garlic, Mozzarella	<b>Pasta Alfredo Sauce</b> Penne Pasta, Mushroom, Milk, Flour, Onion, Garlic, Vegetable Stock, Mozzarella	<b>Basil Pesto Pasta Sauce</b> Penne Pasta, Basil, Onion, Garlic, Vegetable Stock Parmesan	<b>Pasta with Tomato Sauce</b> Penne Pasta, Tomato, Celery, Capsicum, Carrot, Vegetable Stock, Onion, Garlic, Mozzarella	<b>Pasta Alfredo Sauce</b> Penne Pasta, Mushroom, Milk, Flour, Onion, Garlic, Vegetable Stock, Mozzarella
<b>Allergen: Milk, Celery, Gluten</b>	<b>Allergen: Milk, Celery, Gluten</b>	<b>Allergen: Milk, Celery, Gluten</b>	<b>Allergen: Milk, Celery, Gluten</b>	<b>Allergen: Milk, Celery, Gluten</b>
 <b>0.20Kg CO2eq /serving</b>	 <b>0.47Kg CO2eq /serving</b>	 <b>0.54Kg CO2eq /serving</b>	 <b>0.20Kg CO2eq /serving</b>	 <b>0.47Kg CO2eq /serving</b>
<b>Roasted Vegetables</b>	<b>Sweet Corn</b>	<b>Root Vegetables</b>	<b>Medley Vegetables</b>	<b>Crudities</b>
 <b>0.02Kg CO2eq /serving</b>	 <b>0.10Kg CO2eq /serving</b>	 <b>0.02Kg CO2eq /serving</b>	 <b>0.02Kg CO2eq /serving</b>	 <b>0.02Kg CO2eq /serving</b>



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