



INTEGRATED COLLEGE GLENGORMLEY WEEK 1



Week A

Monday	Tuesday	Wednesday	Thursday	Friday
Fish Fingers Chips Baked beans Curry sauce Gravy Steak burger Pizza Salad bar/ selection of breads, meats and salads Fresh fruit Jelly pots Yogurts	Chili beef Burrito Roasted vegetable and tomato pasta Hot dogs Pizza Salad bar/ selection of breads meat and salads Fresh fruit Jelly pots Yogurts	Fish Fingers Chips Baked beans Curry sauce Gravy Steak burger Pizza Salad bar/ selection of breads, meats and salads Fresh fruit Jelly pots Yogurts	Roast Dinner of the day Mash potatoes Selection of vegetables Oven potatoes Gravy Homemade Stuffing Chicken burgers Pizza Salad bar/ selection of breads, meats and salads Fresh fruit Jelly pots Yogurts	Chicken and Broccoli pasta bake Steak burger Pizza Salad bar/ selection of breads, meats and salads Fresh fruit Jelly pots Yogurts

FLAVOURS OF THE WORLD



Monday	Tuesday	Wednesday	Thursday	Friday
 Italian Meatball Sub	 Chicken Baja Bowl	 Teriyaki Beef & Noodles/Rice	 Chicken Tikka Flatbread	 Peri-Peri Roasted Chicken Breast on Spicy Rice

GRAB & GO

Our Grab and Go selection features hot and cold options including fresh sandwiches, baguettes, rolls & wraps as well as burritos

We also have fresh salad & pasta boxes and a selection of desserts from muffins and biscuits to hot sweet treats.

SOUP & SPUDS

Why not try a bowl of our freshly made soup, with a tasty roll on the side.

We also have baked potatoes available with a variety of delicious fillings.

So much choice with Let's Eat from EA Catering

If you require any additional information on allergens or special diets please contact your school.

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Fish Fingers Chips Baked beans Curry sauce Gravy Steak burger Pizza Salad bar/ selection of breads, meats and salads Fresh fruit Jelly pots Yogurts	Chicken curry /rice Hotdogs Pizza Salad bar/ selection of breads meats, and salads Fresh fruit Jelly pots Yogurts	Fish Fingers Chips Baked beans Curry sauce Gravy Steak burger Pizza Salad bar/ selection of breads, meats and salads Fresh fruit Jelly pots Yogurts	Roast Dinner of the day Mash potatoes Selection of vegetables Oven potatoes Gravy Homemade Stuffing Chicken burgers Pizza Salad bar/ selection of breads, meats and salads Fresh fruit Jelly pots Yogurts	Pasta Bolognese Steak burgers Pizza Salad bar/ selection of breads meats, salads Fresh fruit Jelly pots Yogurts

FLAVOURS OF THE WORLD



Monday	Tuesday	Wednesday	Thursday	Friday
 Italian Chicken Caesar Salad Wrap	 Mexican Barbacoa Pulled Beef, Brioche Bun & Slaw	 Asian Honey Chilli Chicken & Noodles/Rice	 Indian Chicken Biryani	 Peri Peri Peri-Peri Chicken Flat Bread Lemon & Paprika Sauce

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Fish Fingers Chips Beans Curry sauce Gravy Steak burger Pizza Salad bar/ selection of breads meat and salads Fresh fruit Jelly pots Yogurts	Beef meatballs with rich tomato & vegetable pasta Hotdogs Pizza Selection of paninis Salad bar/ selection of breads meats and salads Fresh fruit Jelly pots Yogurts	Fish Fingers Chips Beans Curry sauce Gravy Steak burger Pizza Salad bar/ selection of breads meat and salads Fresh fruit Jelly pots / Yogurts	Roast dinner of the day Mash potatoes Selection of vegetables Oven potatoes Homemade stuffing Gravy Chicken burgers Pizza Salad bar / selection of breads meats and salads Fresh fruit Jelly pots / custard Yogurts	Creamy ham and sweetcorn pasta bake Steak burgers Pizza Selection of paninis Salad bar / selection of breads meats and salads Fresh fruit Jelly pots Yogurts

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 <p><i>Italian</i></p> Chicken Caesar Salad Wrap	 <p><i>Mexican</i></p> Barbacoa Pulled Beef, Brioche Bun & Slaw	 <p><i>Asian</i></p> Honey Chilli Chicken & Noodles/Rice	 <p><i>Indian</i></p> Chicken Biryani	 <p><i>Peri Peri</i></p> Peri-Peri Chicken Flat Bread Lemon & Paprika Sauce

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