



# Y1-Y2 LUNCH MENU



Date	Monday 15 <sup>th</sup>	Tuesday 16 <sup>th</sup>	Wednesday 17 <sup>th</sup>	Thursday 18 <sup>th</sup>	Friday 19 <sup>th</sup>
<b>Asian</b>	Roasted fish Egg with tomato Rice Allergen: gluten, fish, egg	Braised meatballs Chinese green Black rice Allergen: gluten, pork, egg	Lamb curry Yuxiang aubergine Rice Allergen: gluten, lamb	Steamed chicken with mushroom Cabbage with carrot Quinoa corn rice Allergen: gluten, chicken, Mushroom	Curry beef Chinese green Rice Allergen: gluten, beef
<b>Western</b>	Chicken masala Butter cauliflower Rice Allergen: gluten, chicken, dairy	Duck Breasts with Raspberry Sauce, broccoli Mushroom risotto Allergen: gluten, duck, dairy, mushroom	Beef stew Sautéed corn pea carrot Steamed rice Allergen: gluten, beef	Slow cooked pork Aubergine onion Tomato pasta Allergen: gluten, pork, egg	Fish & chips Broccoli Allergen: gluten, fish
<b>Vegetarian Option</b>	Vegetable wrap Allergen: gluten	Curry vegetable pie Allergen: gluten, dairy	Falafel with pita bread with yogurt sauce Allergen: gluten	Fried rice noodle with tofu Allergen: gluten, tofu	Deep fry tofu in sweet sour sauce Allergen: gluten
<b>Sandwich</b>	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg
	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg
<b>Dessert</b>	Green grape cake Allergen: gluten, egg, dairy	Lemon tart Allergen: gluten, egg, dairy	Egg tart Allergen: gluten, egg, dairy	Brownie Allergen: gluten, egg, dairy	Cookies Allergen: gluten, egg, dairy
<b>Yogurt</b>			Yogurt Allergen: Dairy		

### Nutritional readings over the week

Red meat: 8%      Vegetables: 43%  
Fish: 12%      Starch: 21%  
White meat/lean protein: 13%      Deep fried: 3%





# Y1-Y2 LUNCH MENU



Date	Monday 22 <sup>nd</sup>	Tuesday 23 <sup>rd</sup>	Wednesday 24 <sup>h</sup>	Thursday 25 <sup>th</sup>	Friday 26 <sup>th</sup>
<b>Asian</b>	Tainan house special chicken Yam, carrot, green pea Tomato rice Allergen: gluten, chicken	Fish & squid cake Cabbage with basil Rice Allergen: gluten, fish, Seafood, egg	Oyakodon (chicken stew) Cabbage stew Rice Allergen: gluten, chicken ,egg	Braised beef with potato Chinese green Quinoa corn rice Allergen: gluten, beef	Hainan chicken Chinese green Chicken rice Allergen: gluten, chicken, mushroomef
<b>Western</b>	Grilled sausage Sweet pea, carrot Mash potato Allergen: gluten, pork, dairy	Shepherd Pie Grill aubergine Rice Allergen: gluten, lamb, pork	Tomato beef balls Cauliflower Pasta Allergen: gluten, beef, egg, pork	Roasted fish fillet with basil sauce Broccoli, polenta Allergen: gluten, fish	Bolognese Cauliflower Pasta Allergen: gluten, beef, pork
<b>Vegetarian Option</b>	Vegetable tagine Allergen: gluten	Deep-fry vegetable balls Allergen: gluten	Tamper vegetable with fried noodle Allergen: gluten, tofu	Z-rou lasagna Allergen: gluten	Vegetable samosa Allergen: gluten
<b>Sandwich</b>	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg
	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg
<b>Dessert</b>	Lemon cake Allergen: gluten, egg, dairy	Carrot cake Allergen: gluten, egg, dairy	Daifuku Allergen: gluten, egg, dairy	Cookie Allergen: gluten, egg, dairy	Brownie Allergen: gluten, egg, dairy
<b>Yogurt</b>			Yogurt Allergen: Dairy		

### Nutritional readings over the week

Red meat: 8%                      Vegetables: 44%  
Fish: 11%                            Starch: 21%  
White meat/lean protein: 13%    Deep fried: 3%



# Y1-Y2 LUNCH MENU



Date	Monday 29 <sup>th</sup>	Tuesday 30 <sup>th</sup>	Wednesday 31 <sup>st</sup>	Thursday 1 <sup>st</sup>	Friday 2 <sup>nd</sup>
<b>Asian</b>	Braised duck leg Chinese green Oatmeal rice Allergen: gluten, duck	Steamed pork with taro Bean spout carrot Rice cake Allergen: gluten, pork	Sweet sour shitake mushroom (糖醋素鳙贝) Stir-fry vegetable(罗汉斋) Black rice Allergen: gluten, mushroom	Stir-fry beef with green pepper Chinese green Barley rice Allergen: gluten, beef	Braised Lamb Stewed cabbage Rice Allergen: gluten, lamb
<b>Western</b>	Grilled sausage Sweet pea, carrot Mash potato Allergen: gluten, pork, dairy	Rosemary & lemon crispy duck Ratatouille Mushroom risotto Allergen: gluten, dairy, Mushrooms, duck	Macaroni cheese Roasted root vegetable Allergen: gluten, dairy	Chicken cordon bleu Cauliflower carrot Roasted potato Allergen: gluten, chicken, pork, dairy, egg	Fish & chips Broccoli Allergen: gluten, fish
<b>Vegetarian Option</b>	Dongbei style aubergine, potato, green pepper Allergen: gluten	Chickpea's stew Allergen: gluten	"Pineapple fried rice with spring roll Allergen: gluten, tropical fruit"	Vegetable terrine Allergen: gluten, dairy	Mushroom bean curd Allergen: gluten, tofu, Mushroom
<b>Sandwich</b>	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Vegetable sandwich Allergen: gluten, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg
	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg
<b>Dessert</b>	Green grape cake Allergen: gluten, egg, dairy	Coconut cake Allergen: gluten, egg, dairy, Tropical fruit	"Egg tart Allergen: gluten, egg, dairy"	Banana bread Allergen: gluten, egg, dairy, Tropical fruit	Litchi cake Allergen: gluten, egg, dairy, Tropical fruit
<b>Yogurt</b>			Yogurt Allergen: Dairy		

### Nutritional readings over the week

Red meat: 8%                      Vegetables: 41%  
Fish: 13%                            Starch: 21%  
White meat/lean protein: 12%    Deep fried: 5%



# Y1-Y2 LUNCH MENU



Date	Monday 12 <sup>th</sup>	Tuesday 13 <sup>th</sup>	Wednesday 14 <sup>th</sup>	Thursday 15 <sup>th</sup>	Friday 16 <sup>th</sup>
<b>Asian</b>	Crispy duck Yam, carrot, green pea Tomato rice Allergen: gluten, duck	Deep fry fish in Sweet sour sauce Cabbage with basil Rice Allergen: gluten, fish, Seafood, egg	Chinese BBQ pork and sausage Chinese green Black rice Allergen: gluten, pork	Braised beef with potato Chinese green Quinoa corn rice Allergen: gluten, beef	Hainan chicken Chinese green Chicken rice Allergen: gluten, chicken, mushroom
<b>Western</b>	Kessler pork loin Sauerkraut Potato wedges Allergen: gluten, pork, dairy	Beef goulash Snow peas carrot Steamed rice Allergen: gluten, beef	Chicken piccata Grill aubergine Roasted potato Allergen: gluten, chicken, egg	Roasted fish fillet with basil sauce Broccoli, polenta Allergen: gluten, fish	Bolognese Cauliflower Pasta Allergen: gluten, beef, pork
<b>Vegetarian Option</b>	Morocco vegetable tagine Allergen: gluten	Vegetable fried noodle Allergen: gluten	Z-Rou taco Allergen: gluten, mushroom	Vegetable gnocchi Allergen: gluten, egg	Vegetable samosa Allergen: gluten
<b>Sandwich</b>	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg
	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg
<b>Dessert</b>	Lemon cake Allergen: gluten, egg, dairy	Carrot cake Allergen: gluten, egg, dairy	Egg tart Allergen: gluten, egg, dairy	Cookie Allergen: gluten, egg, dairy	Brownie Allergen: gluten, egg, dairy
<b>Yogurt</b>			Yogurt Allergen: Dairy		

### Nutritional readings over the week

Red meat: 8%      Vegetables: 43%  
Fish: 12%      Starch: 21%  
White meat/lean protein: 13%      Deep fried: 3%

