

St. Conleth's College

Canteen Menu (Junior School): Monday (7/9) – Friday (12/9)

**Each day, there are also options for 'Roll/Wrap/Sandwich/Panini' or 'Half Roll/Wrap/Sandwich/Panini'*

**Numbers refer to the following allergens: 1. Gluten. 2. Crustaceans. 3. Eggs. 4. Fish. 5. Peanuts. 6. Soybean. 7. Milk. 8. Nuts. 9. Celery. 10. Mustard. 11. Sesame seeds. 12. Sulphites. 13. Lupin. 14. Molluscs*

Monday

Main Course 1: Pasta Bolognese with Parmesan 1, 9, 7

Main Course 2: Vegetarian Option

Soup of the Day: Vegetable 9

Salad of the Day: Bacon and Avocado 10

Tuesday

Main Course 1: Chicken with Tarragon and Broccoli and Rice

Main Course 2: Vegetarian Option

Soup of the Day: Tomato and Lentil 9

Salad of the Day: Niçoise 3, 4, 10

Wednesday

Main Course 1: Homemade pizza with side salad 1, 7

Main Course 2: Vegetarian Option

Soup of the Day: Roasted Celeriac

Salad of the Day: Spinach and Red Onion Frittata 3, 7

Thursday

Main Course 1: Stir-fry Noodles with Chicken 1, 6

Main Course 2: Vegetarian Option

Soup of the Day: Vegetable 9

Salad of the Day: Green Orzo 1, 7

Friday

Main Course 1: Tandoori Chicken with Brown Rice, Lentils and Fresh Mango Chutney 1

Main Course 2: Vegetarian Option

Soup of the Day: Minestrone 9, 12

Salad of the Day: Tandoori Chicken 1, 7