

SEPTEMBER MENU NAISR

Monday 1/9	Sausages or alternate (V), potatoes and vegetables
Tuesday 2/9	Chicken marsala or (V) stir-fried rice and vegetables
Wednesday 3/9	Chicken schnitzel or alternate (V) potatoes and vegetables
Thursday 4/9	Paella special with a cucumber/tomato salad on the side
Friday 5/9	NO MEAL
Monday 8/9	Chicken souvlaki or non-chicken (V), potatoes and vegetables
Tuesday 9/9	Sesame chicken or non-chicken, noodles and stir-fried veggies
Wednesday 10/9	Salmon or alternate (V), with potato gratin and vegetables
Thursday 11/9	Chicken soup with a chicken or non-chicken sandwich (V)
Friday 12/9	Pasta special lasagna Bolognese or spinach ricotta (V)
Monday 15/9	Beef burger special or (V) potatoes and vegetables
Tuesday 16/9	Tender chicken or non-chicken, bulgar and vegetables
Wednesday 17/9	Fish or alternate (V) potato mash, peas and carrots
Thursday 18/9	Chicken kebab tortilla or non-chicken (V) with a crispy salad
Friday 19/9	Pasta salad and focaccia bread (V)
Monday 22/9	Sausages or alternate (V), potatoes and vegetables
Tuesday 23/9	Pasta special cream chicken or non-chicken (V) and broccoli
Wednesday 24/9	NO MEAL
Thursday 25/9	Vita pizza special
Friday 26/9	Pasta special full tomato blend (V) with meat or non-meat balls
Monday 29/9	Full chicken Marsala surprise or non-chicken (V)
Tuesday 30/9	Chicken Bombay or non-chicken (V) rice and veggie mix

***All meals are made by Innergy staff daily, using fresh ingredients.**

***All subscribed meals include a “dessert delight” of fresh fruit, yoghurt or pudding.**

***All warm meals may be substituted for a “bread meal” which includes a sandwich/wrap, fresh vegetables, fruit or yoghurt.**