

# SCEGGS CAFETERIA - TERM 1 LUNCH SPECIALS MENU



WEEK A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Coconut & Lime Chicken Curry with Rice (gf)	Marinated Chicken with your choice of Rice or Noodles (gf)	Grilled Beef Burger with Lettuce, Tomato, Cucumber & Sweet Chilli Mayo (gf choice available)	Charred Lemon Chicken Piccata with Rice & Grilled Vegetables (gf)	Fish & Chips (gf choice available)
LUNCH VEGETARIAN	Red Kidney Bean Curry with Rice (gf)	Marinated Vegetables & Tofu with your choice of Rice or Noodles (gf)	Grilled House Made Veggie Burger with Haloumi, Lettuce, Tomato, Cucumber & Sweet Chilli Mayo (gf choice available)	Charred Lemon Grilled Vegetables & Tofu with Rice (gf)	Fresh Basil & Peto Sauce Over Whole Grain Pasta with Vegetables (gf choice available)
SALAD BAR	Lentil & Roast Pumpkin Salad	Singapore Noodle Salad	Garden Salad	Caesar Salad	Seafood Salad
WEEK B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Cumin Rubbed Chicken with Guacamole Sauce Served with Brown Rice (gf)	Beef Madras with Rice & Pappadums (gf)	Lamb Chops with Farro or Brown Rice, Arugula, Cucumber, Tomato & Lemon-Thyme Vinaigrette (gf)	Lemony Chicken Kebabs with Lebanese Bread & Tomato Parsley Salad (gf choice available)	Pizza & Greek Salad (gf choice available)
LUNCH VEGETARIAN	Cumin Rubbed Vegetables & Haloumi with Guacamole Sauce & Brown Rice (gf)	Chickpea Curry with Rice & Pappadums (gf)	Vegetable Slice & Tofu with Farro or Brown Rice, Arugula, Cucumber, Tomato & Lemon-Thyme Vinaigrette (gf)	Lemony Vegetable Kebabs & Haloumi with Lebanese Bread & Tomato Parsley Salad (gf choice available)	Vegetarian Pizza & Greek Salad (gf choice available)
SALAD BAR	Mediterranean Salad	Lentil, Quinoa & Kale Salad	Arugula, Cucumber, Tomato & Lemon-Thyme Vinaigrette Salad	Chicken & Basil Penne Salad	Baby Potato, Basil & Mayonnaise Salad