

Gonzaga Menu Week 4

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Soup	Roast Butternut Squash and Parsley	Parsnip and miso	Vegetable	Pea and mint	Roast Red Pepper and Basil
Healthy Option	Tandoori Chicken curry served with Tumeric Spiced Rice	Braised Beef Brisket served with Honey Roast baby turnip and baby potato.	N/A	Pesto Lemon Sole on a bed of Spinach served with a tomato sauce, broccoli, roast potato	Buffalo Chicken wings served with crispy fries
Main Option 2	Slow Roasted Rump Steak served with roast baby potato, Broccoli	Tomato and Crispy bacon pasta bake with mixed vegetables	BBQ Pulled Pork Bap with potato wedges and mixed vegetables	Crispy Chicken Kiev served with broccoli and roast potato	Beef Burgers served with crispy fries
Snack Option	Roast Sweet Potato Wedges with Garlic Mayo	Roast mixed vegetable Red curry with bay leaf rice	N/A	Shedded Sweet Chilli Chicken Spinach wrap	Southern Fried Chicken Drum sticks

- Yellow Healthy Option
- Light
- Green Regular Options
- Red Vegan Option
- Purple Cheat Meal