



Weekly Menu

August 17 – August 21 2026

EC 1 – Grade 6



Monday

Menu 1: Pasta with a choice of beef Bolognese, tomato or cream sauce

1 7, 9, 10

Menu 2: Pasta with a choice of tomato or cream sauce

1 7, 9, 10

Tuesday

Menu 1: Chicken "Tikka Masala" with vegetable pulao rice

7 9

Menu 2: Organic tofu "Tikka Masala" with vegetable pulao rice

6, 7 9

Wednesday

Menu 1: Queen's ragout (chicken) with vegetables and spätzle

1, 7 3, 9, 10

Menu 2: Vegetarian Queen's ragout with vegetables and spätzle

1, 6, 7 1, 3, 9, 10

Thursday

Menu 1: Beef lasagna served with mixed salad

1, 7 3, 9, 10

Menu 2: Vegetarian lasagna served with mixed salad

1, 6, 7 3, 9, 10

Friday

Menu 1: Fish & chips, vegetable sticks & mixed salad

1, 4, 10 7, 9

Menu 2: Vegetarian nuggets, vegetable sticks & mixed salad

1, 6, 10 7, 9

Contains this Allergen / may contain this Allergen

*1. Cereals containing gluten, *2. Crustaceans, *3. Eggs, *4. Fish, *5. Peanuts, *6. Soybeans, *7. Milk, *8. Nuts, namely: almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts, *9. Celery, *10. Mustard, *11. Sesame seeds, *12. Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre, *13. Lupin, *14. Molluscs