ECE Campus Lunch Menu

SCIS

November 2-6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cajun Chicken	Shanghai Lion Head	Chop Cheese Burrito	Provencal Salmon	Chicken Schnitzel
Allergen Content		G S E L	G D	G S	G E
STAPLE FOOD	Baked Macaroni with Cheese	Brown Rice Vegetable Spring Roll	Mashed Potato	Penne with Garlic & Olive Oil	Fusilli with Pesto Sauce
Allergen Content	G D	G	D	G	G D
VEGETABLES	Steamed Broccoli with Carrot	Stir-Fried Choy Sum with Garlic	Steamed Carrot, Corn & Peas	Sautéed Spinach	Sautéed Zucchini with Carrot
Allergen Content			L	D	
VEGETARIAN DISH (On request)	Cajun Eggplant	Fried Tofu Ball with Soy Sauce	Chop Cheese Vegetables	Provencal Chickpea & Vegetables	Mushroom Schnitzel
Allergen Content		L	G D	G L	G E
SIDE DISH	Egg		Egg		Egg
DRINKS	Milk	Milk, Yogurt	Milk	Milk, Yogurt	Milk
FRUITS	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit

*Allergen Content: D Dairy E Egg G Gluten L Legumes S Seafood

BASIL N LATTE