

ISS Education Personal Choice Menu September 2019

ALL DISHES ARE FREE FROM:
HONEY; ONIONS; GARLIC; POTATO;
SWEET POTATO; CARROTS; SWEDE; TURNIP;
MUSHROOMS; BEETROOT; CELERIAC; PARSNIPS; RADISH;
GINGER; PARSLEY; FENNEL & HORSERADISH

	Option 1	Option 2	Option 3	Option 4	Option 5
Vegetarian	Quorn & Mixed Pepper Stir Fry (R07235) with Rice (R08825)	Macaroni Cheese (R09397)	Quorn in a Tomato Sauce (R09396) with Rice (R08825) or Penne Pasta (R08912)	Margherita Pasta (R09395)	Quorn Frankfurter (R08787) in Tomato Sauce (R04534) with Rice (R08825) or Penne Pasta (R08912)
Vegan	Roasted Vegetable & Chickpea Wrap (R04538)	Tomato, Lentil & Vegetable Pasta (R04536)	Mixed Vegetable & Butter Bean Ragu (R09400) with Rice (R08825) or Penne Pasta (R08912)	Mixed Vegetable & Chickpea Stir Fry (R09398) with Rice (R08825)	Vegetable Bean Chilli (R09399) with Rice (R08825)
Vegetables	Broccoli (R08836); Peas (R08839); Sweetcorn (R08838); Green Beans (R08841); Cauliflower (R08833); White Cabbage (R08835)				
Vegan Desserts	Dairy Free Custard (R04542); Alpro Soya Vanilla Dessert (R07706); Fresh Fruit (Apple R08895, Banana R08896 or Orange R08897)				

