



Leela's
lunches

CAFÉ MENU MONDAY

ALL-DAY MENU

Granola + yogurt
Fruit salad
Chocolate chip cookie
Cinnamon roll
Turkey cheese croissant
Tomato mozzarella croissant
Plain croissant
Dark chocolate brownie

BREAKFAST 7- 10 AM

Chocolate & banana overnight oats
High protein sundried tomato & cream cheese dip with veggie sticks
Egg salad sandwich

SANDWICHES

Turkey BLT
Coronation chicken in spinach wrap
Tandoori tofu wrap
Nut free chicken satay wrap
Beef bordelaise sandwich
Mexican chicken wrap
Grilled cheese with caramelised onion

HOT LUNCH

PIZZA MONDAY:

Chicken & mushroom pizza + salad
Powerpacked pizza + salad
Cottage pie + steamed veg
Veggie pie + steamed veg

SALAD

Chicken caesar salad
Greek salad

SOUP

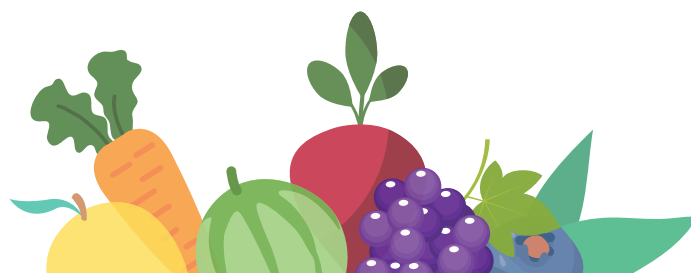
Hearty chicken soup

BEVERAGES

Mango smoothie
Cucumber lemonade

SWEET

Pan au chocolat
Banana everything cookie
Assorted muffins





Leela's
lunches

CAFÉ MENU TUESDAY

ALL-DAY MENU

Granola + yogurt
Fruit salad
Chocolate chip cookie
Cinnamon roll
Turkey cheese croissant
Tomato mozzarella croissant
Plain croissant
Dark chocolate brownie

BREAKFAST 7- 10 AM

Mango chia pudding
Hummus & veggie sticks
Spinach & cheese croissant

SANDWICHES

Chicken kathi roll
Ultimate veggie sandwich
Mediterranean roasted vegetable pesto sandwich
Chicken schintzel bun
Korean beef & kimchi wrap
Firecracker chicken in scratch made ciabatta
Sriracha chicken salad wrap

HOT LUNCH

BARBI TUESDAY:

Beef burger + healthy slaw
+ baked potato wedges
Bean burger + healthy slaw
+ baked potato wedges
Baked chicken in saffron rice
+ yogurt
Veggie biryani + yogurt

SALAD

Veggie pesto pasta salad
Asian beef or chicken salad

BEVERAGES

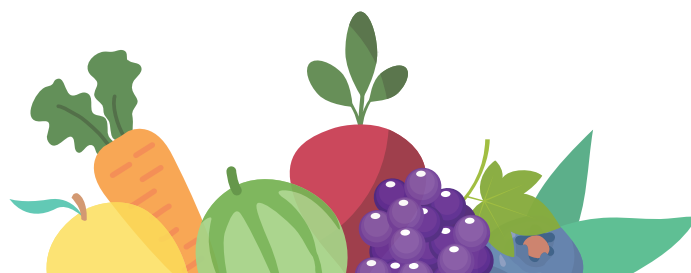
Strawberry smoothie
Mango mint cordial

SOUP

Coconut dal soup + naan bread

SWEET

Pumpkin donut
Vegan banana bread
Assorted muffins





Leela's
lunches

CAFÉ MENU WEDNESDAY

ALL-DAY MENU

Granola + yogurt
Fruit salad
Chocolate chip cookie
Cinnamon roll
Turkey cheese croissant
Tomato mozzarella croissant
Plain croissant
Dark chocolate brownie

BREAKFAST 7- 10 AM

Mixed berry & banana overnight oats
Labneh dip + veggie sticks
Egg salad sandwich

SANDWICHES

Chicken caesar in beetroot baguette
Tandoori tofu wrap
Tomato olive feta in scratch made ciabatta
Curried chicken salad in charcoa bread
Chimmichurri beef sandwich
Nut free chicken satay wrap
Barbecue chicken & jalapeno tortilla

HOT LUNCH

WEDNESDAY WRAPS:

Arabic chicken wrap
+ fattoush salad + baked
potato wedges + garlic toum

Baked felafel wrap + fattoush
salad + baked potato wedges
+ garlic toum

Carrot ginger pasta + steamed
corn & peas

SALAD

Chicken caesar salad
Thai crispy rice & tofu salad

BEVERAGES

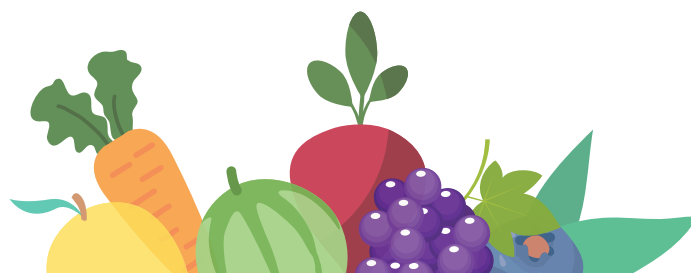
Mango smoothie
Cucumber lemonade

SOUP

Chicken laksa soup with noodles

SWEET

Blueberry banana bread
Banana everything cookie
Assorted muffins





Leela's
lunches

CAFÉ MENU THURSDAY

ALL-DAY MENU

Granola + yogurt
Fruit salad
Chocolate chip cookie
Cinnamon roll
Turkey cheese croissant
Tomato mozzarella croissant
Plain croissant
Dark chocolate brownie

BREAKFAST 7- 10 AM

Strawberry chia pudding
Hummus + wholewheat pita sticks
Egg & cheese toastie

SANDWICHES

Roast chicken club
Greek salad sandwich
Bell pepper chicken wrap
Chicken pesto rocket wrap
Steak & onion sandwich
Cheesy chicken tikka hot wrap
Sweet chilli pesto beef slider

HOT LUNCH

PASTA THURSDAY:

Bolognese pasta + steamed vegetables
Red pesto pasta bake + steamed vegetables
Pizza quattro stagioni + cucumber & melon salad

SALAD

Chicken pesto pasta salad
Buffalo haloumi quinoa salad

SOUP

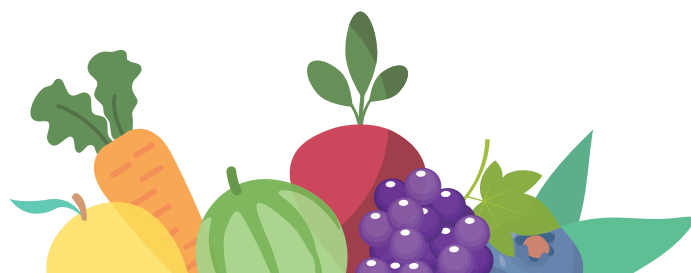
Bean, roasted tomato & basil soup + grilled cheese toast

BEVERAGES

Strawberry smoothie
Mango mint cordial

SWEET

Pumpkin donut
Apple oat cookie
Assorted muffins





Leela's
lunches

CAFÉ MENU FRIDAY

ALL-DAY MENU

Granola + yogurt
Fruit salad
Chocolate chip cookie
Cinnamon roll
Turkey cheese croissant
Tomato mozzarella croissant
Plain croissant
Dark chocolate brownie

BREAKFAST 7- 10 AM

Carrot cake overnight oats
Beetroot labneh + veggie sticks

SANDWICHES

Tomato olive feta in scratch
made ciabatta
Coronation chicken in spinach
wrap
Chicken ranch toastie

HOT LUNCH

IT's A WRAP! FRIDAY:

Chicken soft taco + salad,
salsa, sour cream, cheese,
guacamole

Bean soft taco + salad,
salsa, sour cream, cheese,
guacamole

SALAD

Chicken caesar salad

SOUP

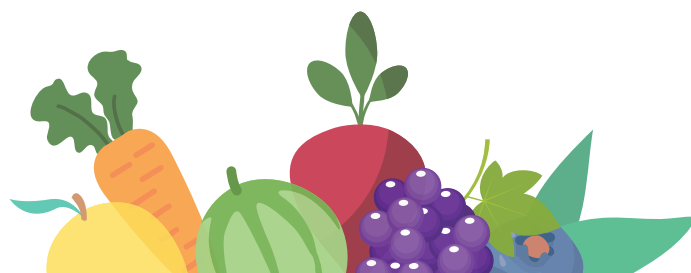
Coconut dal soup + naan bread

BEVERAGES

Mango smoothie
Cucumber lemonade

SWEET

Vegan vanilla loaf
Assorted muffins





Leela's
lunches

CAFÉ MENU MONDAY

ALL-DAY MENU

Granola + yogurt
Fruit salad
Chocolate chip cookie
Cinnamon roll
Turkey cheese croissant
Tomato mozzarella croissant
Plain croissant
Dark chocolate brownie

BREAKFAST 7- 10 AM

Chocolate & banana overnight oats
High protein sundried tomato & cream cheese dip with veggie sticks
Egg salad sandwich

SANDWICHES

Turkey BLT
Coronation chicken in spinach wrap
Tandoori tofu wrap
Nut free chicken satay wrap
Beef bordelaise sandwich
Mexican chicken wrap
Grilled cheese with caramelised onion

HOT LUNCH

PIZZA MONDAY:
Chicken pizza + salad
Powerpacked pizza + salad
Mixed veg mac n cheese with garlicky breadcrumb topping
Creamy tomato pasta + steamed veggies

SALAD

Chicken caesar salad
Greek salad

SOUP

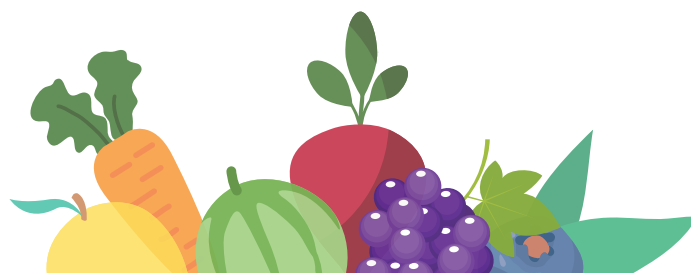
Hearty chicken soup

BEVERAGES

Mango smoothie
Cucumber lemonade

SWEET

Pan au chocolat
Banana everything cookie
Assorted muffins





Leela's
lunches

CAFÉ MENU TUESDAY

ALL-DAY MENU

Granola + yogurt
Fruit salad
Chocolate chip cookie
Cinnamon roll
Turkey cheese croissant
Tomato mozzarella croissant
Plain croissant
Dark chocolate brownie

BREAKFAST 7- 10 AM

Lemon & blueberry chia pudding
Hummus & veggie sticks
Spinach & cheese croissant

SANDWICHES

Chicken kathi roll
Ultimate veggie sandwich
Mediterranean roasted vegetable pesto sandwich
Chicken schintzel bun
Korean beef & kimchi wrap
Firecracker chicken in scratch made ciabatta
Sriracha chicken salad wrap

HOT LUNCH

BARBI TUESDAY:

Beef burger + healthy slaw
+ baked potato wedges
Bean burger + healthy slaw
+ baked potato wedges
Spicy rice noodles with
crispy tofu & spinach
Sweet & sour chicken + rice
Sweet & sour tofu + rice

SALAD

Veggie pesto pasta salad
Asian beef or chicken salad

BEVERAGES

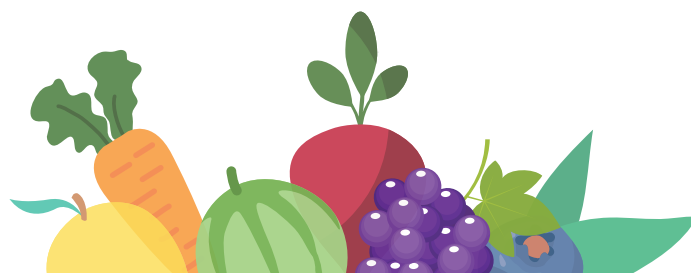
Strawberry smoothie
Mango mint cordial

SOUP

Coconut dal soup + naan bread

SWEET

Pumpkin donut
Vegan banana bread
Assorted muffins





Leela's
lunches

CAFÉ MENU WEDNESDAY

ALL-DAY MENU

Granola + yogurt
Fruit salad
Chocolate chip cookie
Cinnamon roll
Turkey cheese croissant
Tomato mozzarella croissant
Plain croissant
Dark chocolate brownie

BREAKFAST 7- 10 AM

Apple & date overnight oats
Labneh dip + veggie sticks
Egg salad sandwich

SANDWICHES

Chicken caesar in beetroot baguette
Tandoori tofu wrap
Tomato olive feta in scratch made ciabatta
Curried chicken salad in charcoa bread
Chimmichurri beef sandwich
Nut free chicken satay wrap
Barbecue chicken & jalapeno tortilla

HOT LUNCH

TACO WEDNESDAY:

Chicken or veg soft taco, salad, salsa, sour cream, cheese, guacamole/ hot lunch special of the day

Tex mex pasta + cucumber

Veggie tex mex pasta + cucumber

SALAD

Chicken caesar salad
Thai crispy rice & tofu salad

BEVERAGES

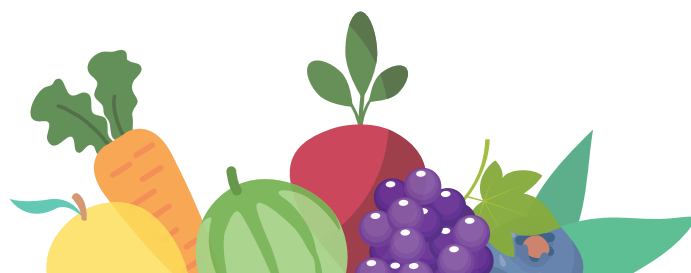
Mango smoothie
Cucumber lemonade

SOUP

Chicken laksa soup with noodles

SWEET

Blueberry banana bread
Banana everything cookie
Assorted muffins





Leela's
lunches

CAFÉ MENU THURSDAY

ALL-DAY MENU

Granola + yogurt
Fruit salad
Chocolate chip cookie
Cinnamon roll
Turkey cheese croissant
Tomato mozzarella croissant
Plain croissant
Dark chocolate brownie

BREAKFAST 7- 10 AM

Crushed pineapple & mandarin
yogurt chia pudding
Hummus + wholewheat pita sticks
Egg & cheese toastie

SANDWICHES

Roast chicken club
Greek salad sandwich
Bell pepper chicken wrap
Chicken pesto rocket wrap
Steak & onion sandwich
Cheesy chicken tikka hot wrap
Sweet chilli pesto beef slider

HOT LUNCH

PASTA THURSDAY:

Healthy carbonara pasta + salad
Creamy kalamata olive pasta
+ salad
Chickpea pilaf + yogurt

SALAD

Chicken pesto pasta salad
Buffalo haloumi quinoa salad

SOUP

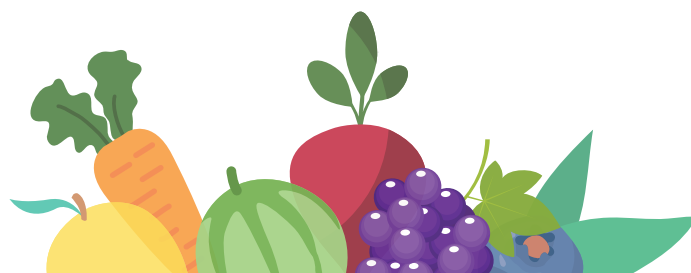
Bean, roasted tomato & basil
soup + grilled cheese toast

BEVERAGES

Strawberry smoothie
Mango mint cordial

SWEET

Pumpkin donut
Apple oat cookie
Assorted muffins





Leela's
lunches

CAFÉ MENU FRIDAY

ALL-DAY MENU

Granola + yogurt
Fruit salad
Chocolate chip cookie
Cinnamon roll
Turkey cheese croissant
Tomato mozzarella croissant
Plain croissant
Dark chocolate brownie

BREAKFAST 7- 10 AM

Lemon & cranberry overnight oats
Beetroot labneh + veggie sticks

SANDWICHES

Tomato olive feta in scratch
made ciabatta
Coronation chicken in spinach
wrap
Chicken ranch toastie

HOT LUNCH

IT'S A WRAP! FRIDAY:

Arabic chicken wrap + fattoush
salad + baked potato wedges
+ garlic toum

Baked felafel wrap + fattoush
salad + baked potato wedges
+ garlic toum

SALAD

Chicken caesar salad

SOUP

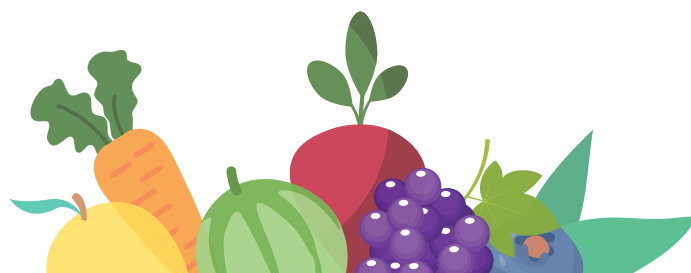
Coconut dal soup + naan bread

BEVERAGES

Mango smoothie
Cucumber lemonade

SWEET

Vegan vanilla loaf
Assorted muffins





Leela's
lunches

CAFÉ MENU MONDAY

ALL-DAY MENU

Granola + yogurt
Fruit salad
Chocolate chip cookie
Cinnamon roll
Turkey cheese croissant
Tomato mozzarella croissant
Plain croissant
Dark chocolate brownie

BREAKFAST 7- 10 AM

Pineapple & date overnight oats
High protein sundried tomato & cream cheese dip with veggie sticks
Egg salad sandwich

SANDWICHES

Turkey BLT
Coronation chicken in spinach wrap
Tandoori tofu wrap
Nut free chicken satay wrap
Beef bordelaise sandwich
Mexican chicken wrap
Grilled cheese with caramelised onion

HOT LUNCH

PIZZA MONDAY:

Powerpacked pizza + salad

Mixed veg mac n cheese with garlicky breadcrumb topping

Beef lasagna + steamed carrots

Butternut squash, spinach & cottage cheese lasagna + steamed carrots

SALAD

Chicken caesar salad
Greek salad

BEVERAGES

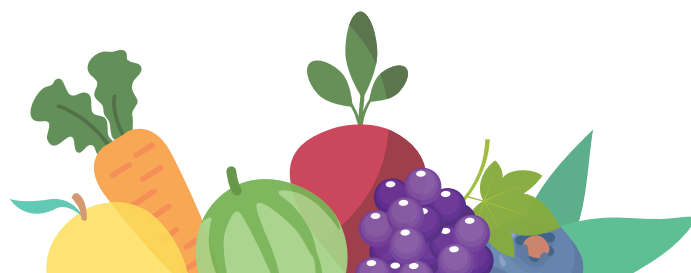
Mango smoothie
Cucumber lemonade

SOUP

Hearty chicken soup

SWEET

Pan au chocolat
Banana everything cookie
Assorted muffins





Leela's
lunches

CAFÉ MENU TUESDAY

ALL-DAY MENU

Granola + yogurt
Fruit salad
Chocolate chip cookie
Cinnamon roll
Turkey cheese croissant
Tomato mozzarella croissant
Plain croissant
Dark chocolate brownie

BREAKFAST 7- 10 AM

Coconut chia pudding
Hummus & veggie sticks
Spinach & cheese croissant

SANDWICHES

Chicken kathi roll
Ultimate veggie sandwich
Mediterranean roasted vegetable pesto sandwich
Chicken schintzel bun
Korean beef & kimchi wrap
Firecracker chicken in scratch made ciabatta
Sriracha chicken salad wrap

HOT LUNCH

BARBI TUESDAY:

Beef burger + salad + baked potato wedges
Bean burger + salad + baked potato wedges
Chicken paella + yogurt
Veggie paella + yogurt

SALAD

Veggie pesto pasta salad
Asian beef or chicken salad

BEVERAGES

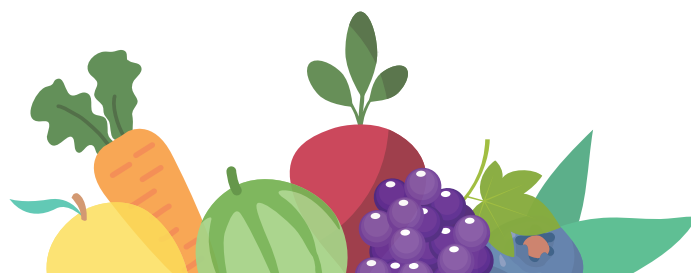
Strawberry smoothie
Mango mint cordial

SOUP

Coconut dal soup + naan bread

SWEET

Pumpkin donut
Vegan banana bread
Assorted muffins





Leela's
lunches

CAFÉ MENU WEDNESDAY

ALL-DAY MENU

Granola + yogurt
Fruit salad
Chocolate chip cookie
Cinnamon roll
Turkey cheese croissant
Tomato mozzarella croissant
Plain croissant
Dark chocolate brownie

BREAKFAST 7- 10 AM

Blueberry overnight oats
Labneh dip + veggie sticks
Egg salad sandwich

SANDWICHES

Chicken caesar in beetroot baguette
Tandoori tofu wrap
Tomato olive feta in scratch made ciabatta
Curried chicken salad in charcoal bread
Chimmichurri beef sandwich
Nut free chicken satay wrap
Barbecue chicken & jalapeno tortilla

HOT LUNCH

WEDNESDAY WRAPS:

Chicken soft taco + salad, salsa, sour cream, cheese, guacamole

Bean soft taco + salad, salsa, sour cream, cheese, guacamole

Creamy tomato pasta + steamed corn

SALAD

Chicken caesar salad
Thai crispy rice & tofu salad

BEVERAGES

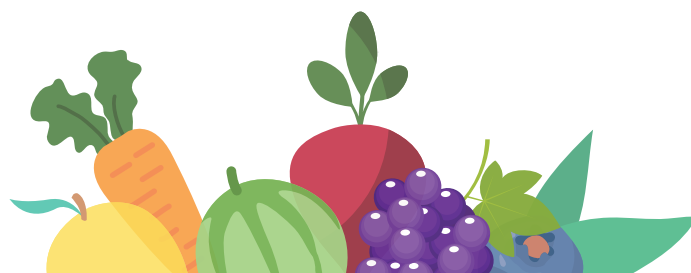
Mango smoothie
Cucumber lemonade

SOUP

Chicken laksa soup with noodles

SWEET

Blueberry banana bread
Banana everything cookie
Assorted muffins





Leela's
lunches

CAFÉ MENU THURSDAY

ALL-DAY MENU

Granola + yogurt
Fruit salad
Chocolate chip cookie
Cinnamon roll
Turkey cheese croissant
Tomato mozzarella croissant
Plain croissant
Dark chocolate brownie

BREAKFAST 7- 10 AM

Strawberry chia pudding
Hummus + wholewheat pita sticks
Egg & cheese toastie

SANDWICHES

Roast chicken club
Greek salad sandwich
Bell pepper chicken wrap
Chicken pesto rocket wrap
Steak & onion sandwich
Cheesy chicken tikka hot wrap
Sweet chilli pesto beef slider

HOT LUNCH

PASTA THURSDAY:

Chicken alfredo pasta +
wholewheat garlic roll

Butter chicken in mixed root
veg sauce + rice

Butter paneer in mixed root
veg sauce + rice

SALAD

Chicken pesto pasta salad
Buffalo haloumi quinoa salad

SOUP

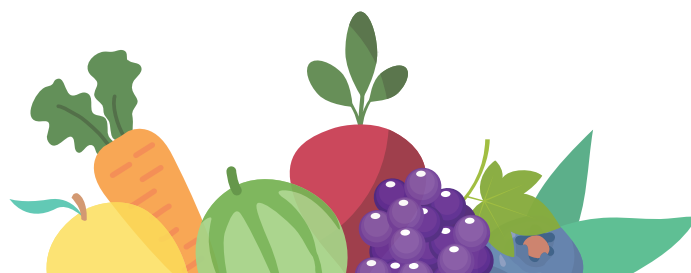
Bean, roasted tomato & basil
soup + grilled cheese toast

BEVERAGES

Strawberry smoothie
Mango mint cordial

SWEET

Pumpkin donut
Apple oat cookie
Assorted muffins





Leela's
lunches

CAFÉ MENU FRIDAY

ALL-DAY MENU

Granola + yogurt
Fruit salad
Chocolate chip cookie
Cinnamon roll
Turkey cheese croissant
Tomato mozzarella croissant
Plain croissant
Dark chocolate brownie

BREAKFAST 7- 10 AM

Apple & raisin overnight oats
Beetroot labneh + veggie sticks
Egg & cheese toastie

SANDWICHES

Tomato olive feta in scratch
made ciabatta
Coronation chicken in spinach
wrap
Chicken ranch toastie

HOT LUNCH

IT'S A WRAP! FRIDAY:

Arabic chicken wrap
+ fattoush salad + baked
potato wedges + garlic toum

Baked felafel wrap + fattoush
salad + baked potato wedges
+ garlic toum

SALAD

Chicken caesar salad

SOUP

Coconut dal soup + naan bread

BEVERAGES

Mango smoothie
Cucumber lemonade

SWEET

Vegan vanilla loaf
Assorted muffins

