

MONDAY

Teriyaki Chicken

Chicken with teriyaki sauce,
brown or white rice and
veggies.

Dietary Alternatives:
V, VE: Tofu. SF: Tomato sauce.

TUESDAY

Pizza

Ham pizza, carrot sticks and
corn chips with BBQ mayo dip.

Dietary Alternatives:
V, VE, DF: Falafel. H, NP, SF:
Chicken. DF, VE: Vegan cheese.
GF: GF pizza base.

**Snack: Strawberry
Blondie**
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
Popcorn

WEDNESDAY

Pasta Bolognese

Pasta with beef and hidden
veggies sauce.

Dietary Alternatives:
GF: GF pasta. V, VE, NB: Lentil
bolognese. DF, VE: Vegan cheese.

THURSDAY

Ham & Cheese Sandwich

Delicious bread or roll with
ham, cheese and salad.

Dietary Alternatives:
V, VE: Falafel. H, SF, NP: Chicken.
GF, SF: GF bread. DF, VE: No
cheese.

Snack: Yoghurt
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
Fruit

FRIDAY

Loaded Nachos

Beef & bean sauce with corn
chips, cheese and sour cream.

Dietary Alternatives:
V, NB, VE: Bean burrito mix. DF,
VE: Vegan cheese, no sour cream.

Key: (V) Vegetarian. (GF) Gluten Free. (DF) Dairy Free. (EF) Egg Free. (H) Halal. (NB) No Beef. (NP) No Pork. (SF) Soy Free.

Meals will be prepared to cater for children with specific allergies or cultural requirements. If you need these options please make the school aware two weeks in advance. Meals are prepared in a non-allergen controlled environment. If you have low tolerance towards certain allergens please notify the school immediately. Items may vary subject to supply.

