

MONDAY

Mac n' Cheese

Pasta with vegful cheese sauce, ham, mixed vege, white beans and cheese on top.

Dietary Alternatives:
DF, GF: GF Pasta. DF, VE:
Bolognese sauce, vegan cheese.
V, H, NP: White beans.



TUESDAY

Ham Salad Filled Wrap

Ham, cheese and salad filled fresh wrap with ranch dressing.

Dietary Alternatives:
V, VE: Falafel. GF: GF wrap.
DF, VE: No cheese.

Snack: Yoghurt
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
Fruit

WEDNESDAY

Coconut Curry Chicken

Coconut curry sauce with chicken and veggies served with brown rice.

Dietary Alternatives:
V, VE: Coconut chickpeas with brown rice.

Snack: Roti Wrap

Snack Dietary Alternatives:
None

THURSDAY

Cheese Burger

Burger Bun with beef pattie, cheese, salad and sauce.

Dietary Alternatives:
V, H, NB, VE, SF: Veggie burger.
DF, VE: No cheese.
GF, SF: Special roll.

Snack: Pineapple Crush Slice

Snack Dietary Alternatives:
GF, SF Cookie

FRIDAY

Pasta Meatballs

Pasta with vegful tomato sauce and meatballs with cheese and peas.

Dietary Alternatives:
V, H, NB, GF, SF, DF: Amazeballs.
DF, VE: Vegan Cheese. GF: GF Pasta.



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.