

MONDAY

Burger Bites, Baked Beans & Mash

Burger bites with beans, mixed
veggies, and cheesy mash.

Dietary Alternatives:
V, VE: Mushroom super sausie.
GF, EF, NB, SF: Chicken. DF, VE:
DF mashed potato. SF: SF baked
beans.

Snack: Cookie

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

TUESDAY

Pizza

Wholemeal pizza base with
pizza sauce, ham & cheese,
served with carrot batons &
corn chips.

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

Snack: Brownie
+ Fruit for High Schools

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

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:
Trail mix, chickpeas or popcorn.

THURSDAY

Sandwich Meal

Wholemeal bread with ham,
cheese and salad & carrot sticks
and yoghurt.

Dietary Alternatives:
GF: GF bread. V: Cheese salad
sandwich and falafel. H, NP, SF:
Chicken salad sandwich. VE:
Hummus salad sandwich. SF: SF
bread. EF, VE: Vegan mayo.

Snack: Yoghurt
+ Fruit for High Schools

Snack Dietary Alternatives:
Trail mix

FRIDAY

Cheese Lasagne

Beef bolognese sauce on
wholemeal pasta topped with
cheese sauce.

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

Snack: Popcorn

Snack Dietary Alternatives:
n/a

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.