

## MONDAY

### Chicken & Cheesy Mash

*Chicken, cheesy mashed potato and vegetables with gravy.*

**Dietary Alternatives:**  
V, VE: Mushroom and grain super sausage. DF, VE: DF mashed potato, vegan gravy. V, H: Vegan gravy.

#### Snack: Popcorn

**Snack Dietary Alternatives:**  
None.



## TUESDAY

### Loaded Beef & Bean Wedges

*Potato wedges topped with beef and bean sauce and cheese.*

**Dietary Alternatives:**  
V, H, NB, VE: Mexican style beans. DF, VE: Vegan cheese. SF: 4 bean mix.

#### Snack: Muffin

**Snack Dietary Alternatives:**  
Trail mix, chickpeas or popcorn.

## WEDNESDAY

### Meatballs on Rice

*Beef meatballs served on rice with Napoli style tomato sauce and cheese.*

**Dietary Alternatives:**  
GF, DF, H, NB, SF: Chicken. V, VE: Lentils in tomato sauce. NT: Meatballs with tomato free sauce.

#### Snack: Cookie

**Snack Dietary Alternatives:**  
Trail mix, chickpeas or popcorn.

## THURSDAY

### Ham & Cheese Sandwich

*Wholemeal Bread with Ham, Cheese and Salad, carrot sticks and yoghurt.*

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

#### Snack: Fruit Yoghurt + Years 9 to 13: Seasonal Fruit

**Snack Dietary Alternatives:**  
Trail mix, chickpeas or popcorn.

## FRIDAY

### Mac n Cheese

*Wholemeal pasta with vegful cheese sauce, ham, mixed veggies, white beans and cheese on top.*

**Dietary Alternatives:**  
V, H, NP, SF, VE: Cannellini beans. GF: GF pasta. DF, VE: Savoury lentils sauce, vegan cheese.

#### Snack: Cassava Chips

**Snack Dietary Alternatives:**  
Trail mix or popcorn.

**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.