

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

Glazed Beef Meatballs

Beef meatballs with Asian style glaze, mixed veggies and brown rice.

Dietary Alternatives:
V, VE: Tofu. GF, DF, H, NB SF: Chicken. SF: Napoli 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: Canellini beans. GF: GF pasta. DF, VE: Savoury lentils sauce, vegan cheese.

Snack: Trail Mix

Snack Dietary Alternatives:
None.

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.