

MONDAY

Ranch Chicken Wrap

A delicious chicken tender, grated carrot, garden mix and ranch dressing in a spinach wrap.

Snack: Cookie, red grapes.

TUESDAY

Creamy Cheese Pasta

Pasta in a creamy cheese sauce with ham and served with a side of rainbow slaw.

Snack: Green grapes, cake.

WEDNESDAY

**Soup of the Day:
Kumara & Vege Soup**

A delicious hot soup made from pureed kumara and a variety of other vegetables and garnished with parsley. This dish is served hot and with a bread roll. A winter essential.

Snack: Cheese slices, cherry tomatoes.

THURSDAY

**Sandwich of the Day:
Roast Beef Sandwich**

Roast beef with caramelised onion relish, garden mix, cheese and mayonnaise between two slices of Oatilicious bread.

Snack: Pretzels, green grapes.

FRIDAY

**Sweet and Sour Pork on
Rice**

Sweet and sour pulled pork with a side of rainbow slaw and garnished with chopped parsley.

Snack: Carrot sticks, cake.

MEAL OPTION
ONE



MEAL OPTION
TWO

**Tomato Salsa Chicken
Wrap**

A delicious chicken tender, grated carrot, garden mix and tomato salsa in a spinach wrap.

Snack: Cookie, red grapes.

Napolitana Pasta

Pasta in a rich tomato sauce with ham and served with a side of rainbow slaw.

Snack: Green grapes, cake.

Soup of the Day:

As above.



Sandwich of the Day:

As above.

BBQ Pulled Pork on Rice

BBQ pulled pork with a side of rainbow slaw and garnished with chopped parsley.

Snack: Carrot sticks, cake.

FOR STUDENTS WITH SPECIFIED
DIETARY REQUIREMENTS ONLY

Vegetarian & gluten free options are available on request.

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** Meals will be prepared to cater for children with specific allergies or cultural requirements. If you need gluten free or vegetarian options please make your teacher aware. 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.*