

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAL OPTION  
ONE

**Tuscan Vege Beef Lasagne**

*Beef lasagne with a tuscan vege sauce, served with a garden mix side salad.*

**Snack:** Corn chips, cherry tomatoes.

**Mango Chicken on Rice**

*Shredded chicken on rice with a mango sauce, mixed vegetables and parsley to garnish.*

**Snack:** Red grapes, carrot cake.



**Soup of the Day: Harvest Pumpkin Soup**

*A delicious hot soup made from pureed harvest pumpkin and garnished with parsley. This dish is served hot and with a bread roll. A winter essential.*

**Snack:** Cheese slices, green grapes

**Sandwich of the Day: Ham Sandwich**

*Ham and cheese with garden mix, tomato relish and mayonnaise between two slices of Oatlicious bread.*

**Snack:** Pretzels, carrot sticks.

**Aioli Chicken Wrap**

*A delicious chicken tender, grated carrot, garden mix and aioli in a spinach wrap.*

**Snack:** Pineapple sticks, banana cake.

MEAL OPTION  
TWO

**Cheesy Beef Lasagne**

*Beef lasagne with a cheese sauce, served with a garden mix side salad.*

**Snack:** Corn chips, cherry tomatoes.

**Teriyaki Chicken on Rice**

*Shredded chicken on rice with a teriyaki sauce, mixed vegetables and parsley to garnish.*

**Snack:** Red grapes, carrot cake.



**Soup of the Day:**

As above.

**Sandwich of the Day:**

As above.

**Tomato Salsa Chicken Wrap**

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

**Snack:** Pineapple sticks, banana 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.