

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAL OPTION ONE

Sweet Chilli Chicken Wrap

A crispy chicken tender with garden mix, rainbow slaw and sweet chilli sauce in a spinach wrap.

Snack: Banana cake, corn chips.

Vege Chow Mein with Sweet Chilli

An asian inspired mixed vegetable chow mein with rice noodles, sweet chilli sauce and a side of slaw with dressing.

Snack: Pineapple sticks.

Ham, Egg & Mayo Sandwich

Ham, mashed egg, chopped parsley and mayonnaise in between slices of wholegrain bread with garden mix on the side.

Snack: Cheese & crackers, cherry tomatoes

Teriyaki Chicken Sushi Salad

Shredded chicken on ginger and lime rice with diced cucumber, capsicum, teriyaki sauce and a side of asian slaw.

Snack: Vanilla sponge cake.

Roast Beef & Tomato Relish Sandwich

Roast beef with garden mix, cheese and tomato relish in between slices of wholegrain bread.

Snack: Carrot sticks, cucumber sticks.



MEAL OPTION TWO

Chicken Aioli Wrap

A crispy chicken tender with garden mix, rainbow slaw and aioli in a spinach wrap.

Snack: Banana cake, corn chips.

Mongolian Vege Chow Mein

An asian inspired mixed vegetable chow mein with rice noodles, a mongolian sauce and a side of slaw with dressing.

Snack: Pineapple sticks.

Ham, Egg & Mayo Sandwich

As above.

Katsu Chicken Sushi Salad

Shredded chicken on ginger and lime rice with diced cucumber, capsicum, katsu sauce and a side of asian slaw.

Snack: Vanilla sponge cake.

Roast Beef & Mayo Sandwich

Roast beef with garden mix, cheese and mayonnaise in between slices of wholegrain bread.

Snack: Carrot sticks, cucumber sticks.

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.

