

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAL OPTION ONE

Korean BBQ Chicken on Rice Noodles

Shredded chicken and rainbow slaw on rice noodles with an authentic Korean BBQ sauce. Served cold.

Snack: Popcorn, carrot cake.

Chicken Caesar Wrap

A delicious chicken tender, grated carrot, garden mix and caesar sauce in a spinach wrap.

Snack: Cherry tomatoes, cucumber sticks.



Crispy Chicken Salad with Mayo

A crispy chicken tender on a bed of garden mix with grated carrot, cucumber sticks, crispy noodles and mayonnaise.

Snack: Corn chips, Anzac Cookie.

Ham & Mayo Sandwich

A classic ham sandwich with garden mix, cheese and mayonnaise in between slices of wholegrain bread.

Snack: Carrot sticks, pineapple sticks.

Beef Bolognese on Pasta

Beef mince on pasta topped with a rich bolognese sauce and served with a side of rainbow slaw and aioli.

Snack: Vanilla sponge cake, cucumber sticks.

MEAL OPTION TWO

Teriyaki Chicken on Rice Noodles

Shredded chicken and rainbow slaw on rice noodles with a sweet teriyaki sauce. Served cold.

Snack: Popcorn, carrot cake.

Sweet Chilli Chicken Wrap

A delicious chicken tender, grated carrot, garden mix and sweet chilli sauce in a spinach wrap.

Snack: Cherry tomatoes, cucumber sticks.

Crispy Chicken Salad with Sweet Chilli

A crispy chicken tender on a bed of garden mix with grated carrot, cucumber sticks, crispy noodles and sweet chilli sauce.

Snack: Corn chips, Anzac Cookie.

Ham & Tomato Relish Sandwich

A classic ham sandwich with garden mix, cheese and tomato relish in between slices of wholegrain bread.

Snack: Carrot sticks, pineapple sticks.

Tuscan Beef on Pasta

Beef mince on pasta topped with an Italian inspired tuscan sauce and served with a side of rainbow slaw and aioli.

Snack: Vanilla sponge cake, 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.

