

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAL OPTION ONE

BBQ Pulled Pork on Rice

Pulled pork and BBQ sauce served on rice with a side of rainbow slaw.

Snack: Veggie sticks, corn chips.

Chicken and Cheese Sauce on Pasta

Shredded chicken & rainbow slaw on pasta topped with a cheese sauce.

Snack: Popcorn, cookie.

Moroccan Beef Bites Wrap

Wholemeal wrap with beef bites, garden mix salad, grated carrot and moroccan sauce.

Snack: Veggie sticks, banana cake.



Tomato Salsa Ham & Salad Roll

Sliced ham with garden mix and tomato salsa in a speedy bake roll.

Snack: Cheese & crackers.



Chicken & BBQ Wrap

Wholemeal wrap with a chicken tender, garden mix, grated carrot and bbq sauce.

Snack: Veggie sticks, popcorn.

MEAL OPTION TWO

Sweet Chilli Pulled Pork on Rice

Pulled pork and sweet chilli sauce served on rice with a side of rainbow slaw.

Snack: Veggie sticks, corn chips.

Chicken Bolognese on Pasta

Shredded chicken & rainbow slaw on pasta topped with a bolognese sauce.

Snack: Popcorn, cookie.



Aioli Beef Bites Wrap

Wholemeal wrap with beef bites, garden mix salad, grated carrot and aioli.

Snack: Veggie sticks, banana cake.

Mayonnaise Ham & Salad Roll

Sliced ham with garden mix and mayonnaise in a speedy bake roll.

Snack: Cheese & crackers.

Chicken & Teriyaki Wrap

Wholemeal wrap with a chicken tender, garden mix, grated carrot and teriyaki sauce.

Snack: Veggie sticks, popcorn.

FOR STUDENTS WITH SPECIFIED DIETARY REQUIREMENTS ONLY

Vegetarian: Mixed vege and sweet chilli sauce served on rice with a side of rainbow slaw.

Gluten Free: Mixed vege and sweet chilli sauce served on rice with a side of rainbow slaw. **Snack:** (as above).

Vegetarian: Kumara rosti & rainbow slaw on pasta topped with a bolognese sauce.

Gluten Free: Shredded chicken & rainbow slaw on rice topped with a bolognese sauce. **Snack:** (as above).

Vegetarian: Wholemeal wrap with kumara rosti, garden mix salad, grated carrot and aioli.

Gluten Free: GF wrap with kumara rosti, garden mix salad, grated carrot and aioli. **Snack:** Veggie sticks, GF cookie.

Vegetarian: Broccoli bites with garden mix and mayonnaise in a speedy bake roll.

Gluten Free: Sliced ham with garden mix and mayonnaise in a GF wrap. **Snack:** GF cookie, cheese.

Vegetarian: Wholemeal wrap with kumara rosti, garden mix, grated carrot and bbq sauce.

Gluten Free: Wholemeal wrap with kumara rosti, garden mix, grated carrot and bbq sauce. **Snack:** (as above).

• 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.