

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAL OPTION
ONE

Chicken & Aioli Wrap

Wholemeal wrap with shredded chicken, garden mix, grated carrot and aioli sauce.

Snack: Corn chips, carrot cake

Teriyaki Beef Bites on Rice

Beef bites with rainbow slaw on rice and a teriyaki sauce.

Snack: Veggie sticks, crackers.



Mayo Fish Bites Wrap

Wholemeal wrap with oven baked crumbed fish bites, garden mix, grated carrot and mayonnaise.

Snack: Banana cake, popcorn.



BBQ Ham & Salad Roll

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

Snack: Banana cake, pretzel.

Moroccan Chicken on Pasta

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

Snack: Veggie sticks, cheese slices.

MEAL OPTION
TWO

Chicken & Mayo Wrap

Wholemeal wrap with shredded chicken, garden mix, grated carrot and mayonnaise.

Snack: Corn chips, carrot cake

Sweet Chilli Beef Bites on Rice

Beef bites with rainbow slaw on rice and a sweet chilli sauce.

Snack: Veggie sticks, crackers.



Tomato Salsa Fish Bites Wrap

Wholemeal wrap with oven baked crumbed fish bites, garden mix, grated carrot and tomato salsa.

Snack: Banana cake, popcorn.

Mayo Ham & Salad Roll

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

Snack: Banana cake, pretzel.

Chicken and Cheese Sauce on Pasta

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

Snack: Veggie sticks, cheese slices.

FOR STUDENTS WITH SPECIFIED
DIETARY REQUIREMENTS ONLY

Vegetarian: Wholemeal wrap with mixed vege, garden mix, grated carrot and mayonnaise.

Gluten Free: GF wrap with shredded chicken, garden mix, grated carrot and mayonnaise.
Snack: (as above)

Vegetarian: Kumara rosti with rainbow slaw on rice and a teriyaki sauce.

Gluten Free: Kumara rosti with rainbow slaw on rice and a teriyaki sauce. **Snack:** Veggie sticks, GF cookie.

Vegetarian: Wholemeal wrap with kumara rosti, garden mix, grated carrot and tomato salsa.

Gluten Free: GF wrap with kumara rosti, garden mix, grated carrot and tomato salsa. **Snack:** GF Cookie, popcorn.

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, GF cookie.

Vegetarian: Broccoli bites & rainbow slaw on pasta topped with a morrocan sauce.

Gluten Free: Shredded chicken & rainbow slaw on rice topped with a morrocan 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.