

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

MEAL OPTION  
ONE

**BBQ Pulled Pork Bao**

*Pulled pork cooked in a light BBQ seasoning with rainbow coleslaw in a soft steamed bao bun.*

**Snack:** Popcorn, veggie sticks

**Teriyaki Chicken on Rice**

*Chicken, chopped cauliflower and teriyaki sauce served over rice with a side of slaw and a sprinkle of sesame seeds.*

**Snack:** Banana bran muffin, cheese & rice cracker.

**Hickory BBQ Veggies Wrap**

*Falafel bites, BBQ sauce, grated carrot and shredded lettuce all wrapped in a beetroot wrap.*

**Snack:** Corn chips, carrot sticks.

**Classic Beef Sandwich**

*Roast beef sandwich with BBQ sauce and rainbow slaw in 2 slices of wholegrain bread.*

**Snack:** Veggie sticks, savoury scone.

**Aioli Fish Roll**

*Baked fish fillet with aioli, a slice of cheese and rainbow slaw in a soft Oatlicious long roll*

**Snack:** Cheese sticks, banana bread.



MEAL OPTION  
TWO

**Mexican Pulled Pork Bao**

*Pulled pork cooked in a chilli bean sauce with rainbow coleslaw in a soft steamed bao bun.*

**Snack:** Popcorn, veggie sticks.

**Butter Chicken on Rice**

*Chicken, chopped cauliflower and butter chicken sauce served over rice with a side of slaw and a sprinkle of sesame seeds.*

**Snack:** Banana bran muffin, cheese & rice cracker.

**Greek Wrap**

*Falafel bites, tzatziki sauce, grated carrot and shredded lettuce all wrapped in a beetroot wrap.*

**Snack:** Corn chips, carrot sticks.

**Aioli Beef Sandwich**

*Roast beef sandwich with aioli and rainbow slaw in 2 slices of wholegrain bread*

**Snack:** Veggie sticks, savoury scone.

**Classic Fish Roll**

*Baked fish fillet with mayo, a slice of cheese and rainbow slaw in a soft Oatlicious long roll.*

**Snack:** Cheese sticks, banana bread.

DIETARY  
REQUIREMENTS

**Vegetarian:** Chilli bean with rainbow slaw in a steamed bao bun).

**Gluten Free:** Pulled pork cooked in a light BBQ seasoning with rainbow coleslaw, wrapped in a GF wrap with a GF snack.

**Vegetarian:** Teriyaki sauce, asian vegetables served on rice with a side of slaw and a sprinkle of sesame seeds.

**Gluten Free:** Teriyaki chicken on rice with a GF snack.

**Vegetarian:** (as above)

**Gluten Free:** GF hickory BBQ veggies wrap with a GF snack.

**Vegetarian:** Rainbow slaw, aioli, cheese and cucumber in 2 slices of wholegrain bread

**Gluten Free:** Roast beef, rainbow slaw, aioli in 2 slices of GF bread with a GF snack.

**Vegetarian:** GF baked kumara rosti, mayo a slice of cheese and rainbow slaw in an Oatlicious long roll

**Gluten Free:** GF baked kumara rosti, mayo, a slice of cheese and rainbow slaw in a GF roll with a GF snack



• Meals will be prepared to cater for children with specific allergies or cultural requirements. Meals are prepared in a non-allergen controlled environment. If you have low tolerance towards certain allergens please notify the school immediately.