

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.