

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.

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FRIDAY

MEAL OPTION
ONE

BBQ Chicken Wrap

Chicken pieces, with lettuce, rainbow slaw, BBQ sauce and grated cheese all wrapped in a wholemeal wrap.

Snack: Salted pretzels, cheese stick.

Saucy Pasta Beef Bites

NZ beef bites, cauliflower, spinach, pasta in a rich Italian tomato sauce topped with grated cheese.

Snack: Corn chips, banana bran muffin.

Moroccan Lamb on Rice

NZ lamb pieces, roasted kumara, pumpkin and carrot with an authentic Moroccan sauce served on rice and topped with creamy natural yoghurt.

Snack: Pikelets, carrot sticks.

Veggie-Rama Sub

Roasted veggies in a soft Oatilicious long roll with aioli and coleslaw.

Snack: Cheese stick, veggie sticks.

Classic Chicken Spaghetti

Cooked chicken, rich tomato sauce, chopped spinach, carrot and a sprinkle of cheese.

Snack: Carrot sticks, sweet slice.



MEAL OPTION
TWO

Classic Chicken Wrap

Chicken pieces, with lettuce, rainbow slaw, mayo and grated cheese all wrapped in a wholemeal wrap.

Snack: Salted pretzels, cheese stick.

Teriyaki Beef Pasta Salad

NZ beef bites, cauliflower, spinach and pasta in an authentic teriyaki sauce.

Snack: Corn chips, banana bran muffin.

Turkish Lamb on Rice

NZ lamb pieces, roasted kumara, pumpkin and carrot drizzled with a garlic aioli sauce, served on rice and topped with creamy natural yoghurt.

Snack: Pikelets, carrot sticks.

Greek Falafel Sub

Roasted veggies in a soft Oatilicious long roll with tzatziki sauce and coleslaw.

Snack: cheese stick, veggie sticks.

Pesto Chicken Salad

Cooked chicken, pesto, chopped spinach, carrot and a sprinkle of cheese.

Snack: Carrot sticks, sweet slice.

DIETARY
REQUIREMENTS

Vegetarian: Veggie pattie, with lettuce, rainbow slaw, mayo and grated cheese all wrapped in a wholemeal wrap.

Gluten Free: Chicken pieces, with lettuce, rainbow slaw, mayo and grated cheese all wrapped in a GF wrap with a GF snack.

Vegetarian: Cauliflower, spinach and pasta in a rich Italian tomato sauce, topped with grated cheese.

Gluten Free: NZ beef bites, cauliflower, spinach and GF pasta in an authentic teriyaki sauce with a GF snack.

Vegetarian: Roasted kumara, pumpkin and carrot in an authentic Moroccan sauce served on rice with creamy yoghurt.

Gluten Free: NZ lamb bites, roast kumara, pumpkin and carrot with an authentic Moroccan sauce served over rice and topped with creamy natural yoghurt with a GF snack.

Vegetarian: (as above)

Gluten Free: Kumara roasties in a GF roll with aioli and coleslaw with a GF snack.

Vegetarian: Rich tomato sauce, chopped spinach sprinkled with cheese.

Gluten Free: GF pasta, cooked chicken pieces, rich tomato sauce, chopped spinach and a sprinkle of cheese with a GF snack.

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