

MONDAY

BBQ Chicken Wrap

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

Snack: Salted pretzels, cheese slice.



Classic Chicken Wrap

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

Snack: Salted pretzels, cheese slice.

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.

TUESDAY

Saucy Pasta Beef Bites

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

Snack: Popcorn, cake slice.

Teriyaki Beef Pasta Salad

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

Snack: Popcorn, cake slice.

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.

WEDNESDAY

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: Rice crackers, carrot sticks.

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: Rice crackers, carrot sticks.

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.

THURSDAY

Veggie-Rama Sub

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

Snack: Rice crackers, cheese slices.

Greek Falafel Sub

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

Snack: Rice crackers, cheese slices.

Vegetarian: (as above)

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

FRIDAY

Classic Chicken Spaghetti

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

Snack: Carrot sticks, cake slice.



Pesto Chicken Salad

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

Snack: Carrot sticks, cake slice.

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.



MEAL OPTION ONE

MEAL OPTION TWO

FOR STUDENTS WITH SPECIFIED DIETARY REQUIREMENTS ONLY

• 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.