

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAL OPTION
ONE

Chicken & Mayo Wrap

Wholemeal wrap with shredded chicken, lettuce and mayo.

Snack: Small cookie, cheese slice.

Teriyaki Beef on Rice

Sliced beef with teriyaki sauce, served on rice with a side of slaw.

Snack: Popcorn, carrot sticks.



Aioli Kumara Rosti Roll

Wholemeal long roll filled with lettuce, grated carrot and a kumara rosti with aioli.

Snack: Veggie sticks, cheese & rice cracker.

Tuna Pasta with Mayo

Tuna and mixed vegetables on fettuccine pasta with mayo.

Snack: Carrot cake, corn chips.

Classic Chicken 1/2 Wrap

Shredded chicken, lettuce, grated cheese and mayo wrapped in a wholemeal wrap.

Snack: Veggie sticks, banana cake.

MEAL OPTION
TWO

Chicken & Tomato Wrap

Wholemeal wrap with shredded chicken, lettuce and tomato salsa.

Snack: Small cookie, cheese slice.

Sweet Chilli Beef on Rice

Sliced beef with sweet chilli sauce, served on rice with a side of slaw.

Snack: Popcorn, carrot sticks.

BBQ Kumara Rosti

Wholemeal long roll filled with lettuce, grated carrot and a kumara rosti with BBQ sauce.

Snack: Veggie sticks, cheese & rice cracker.

Tuna Pasta with Tomato Salsa

Tuna and mixed vegetables on fettuccine pasta with tomato salsa.

Snack: Carrot cake, corn chips.

Tomato Chicken 1/2 Wrap

Shredded chicken, lettuce, grated cheese and tomato salsa wrapped in a wholemeal wrap.

Snack: Veggie sticks, banana cake.

FOR STUDENTS WITH SPECIFIED
DIETARY REQUIREMENTS ONLY

Vegetarian: Vegetarian wrap - kumara rosti, lettuce and mayo.

Gluten Free: Gluten free wrap - chicken, lettuce and mayo. **Snack:** GF Cookie.

Vegetarian: Vegetables on rice - Mixed vegetables with teriyaki sauce, served on rice with a side of slaw.

Gluten Free: (as above)



Vegetarian: (as above)

Gluten Free: Gluten free roll - filled with lettuce, grated carrot and a kumara rosti with aioli

Vegetarian: Vegetarian pasta - mixed vegetables on fettuccine pasta with tomato salsa.

Gluten Free: Gluten free rice - Rice with tuna, mixed vegetables and tomato salsa. **Snack:** GF Cookie.

Vegetarian: Vegetarian 1/2 wrap - baked kumara rosti, lettuce, grated cheese and mayo wrapped in a wholemeal wrap.

Gluten Free: Chicken 1/2 wrap - shredded chicken, lettuce, grated cheese and mayo in a gluten free wrap. **Snack:** GF Cookie.

• 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.