

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAL OPTION ONE

Chicken Bolognese on Fettuccine

Chicken & mixed vegetables with bolognese sauce on fettuccine pasta.

Snack: Banana cake, cheese slice.

Aioli Ham & Cheese Roll

Ham with mixed lettuce, cheese & aioli in a wholemeal roll.

Snack: Popcorn, veggie sticks.

Mayo Roast Beef Wrap

Roast beef with mixed lettuce, rainbow slaw & mayonnaise in a wholemeal wrap.

Snack: Cheese slices, crackers.

Teriyaki Chicken on Rice

Chicken and teriyaki sauce served on rice with super slaw and a sprinkle of sesame seeds.

Snack: Veggie sticks, banana cake.

BBQ Kumara Rosti Wrap

Kumara rosti with mixed lettuce, super slaw & BBQ sauce in a wholemeal wrap.

Snack: Popcorn, cookie.



MEAL OPTION TWO

Sweet Chilli Chicken on Fettuccine

Chicken & mixed vegetables with sweet chilli sauce on fettuccine pasta.

Snack: Banana cake, cheese slice.

BBQ Ham & Cheese Roll

Ham with mixed lettuce, cheese & BBQ sauce in a wholemeal roll.

Snack: Popcorn, veggie sticks.

Tomato Roast Beef Wrap

Roast beef with mixed lettuce, rainbow slaw & tomato sauce in a wholemeal wrap.

Snack: Cheese slices, crackers.

Sweet Chilli Chicken on Rice

Chicken and sweet chilli sauce served on rice with super slaw and a sprinkle of sesame seeds.

Snack: Veggie sticks, banana cake.

Mayo Kumara Rosti Wrap

Kumara rosti with mixed lettuce, super slaw & mayonnaise in a wholemeal wrap.

Snack: Popcorn, cookie.



FOR STUDENTS WITH SPECIFIED DIETARY REQUIREMENTS ONLY

Vegetarian: Double-veg bolognese on fettuccine - double mixed vegetables in a bolognese sauce on fettuccine pasta.

Gluten Free: Chicken bolognese on rice - chicken & mixed vegetables in a bolognese sauce on rice. **Snack:** GF Cookie, cheese slice.

Vegetarian: Mixed vegetable roll - mixed vegetables, mixed lettuce, cheese & aioli in a wholemeal roll.

Gluten Free: Aioli ham & cheese wrap - ham, mixed lettuce, cheese & aioli sauce in a gluten free wrap. **Snack:** (as above).

Vegetarian: Mayo kumara rosti wrap - Kumara rosti with mixed lettuce, rainbow slaw & mayonnaise in a wholemeal wrap.

Gluten Free: Mayo roast beef wrap - roast beef with mixed lettuce, rainbow slaw & mayonnaise in a gluten free wrap. **Snack:** GF Cookie, cheese slice.

Vegetarian: Teriyaki vegetables on rice - vegetables and teriyaki sauce served on rice with super slaw and a sprinkle of sesame seeds.

Gluten Free: (as above) **Snack:** GF Cookie, veggie sticks.

Vegetarian: (as above)

Gluten Free: BBQ kumara rosti wrap - Kumara rosti with mixed lettuce, rainbow slaw & BBQ sauce in a gluten free wrap. **Snack:** GF Cookie, popcorn.

• 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.