

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAL OPTION  
ONE

**Honey Soy Lamb Wrap**

Wholemeal wrap with lamb, garden mix, grated carrot and honey soy.

**Snack:** Dried apricots, banana cake.

**Teriyaki Chicken on Rice**

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

**Snack:** Veggie sticks, corn chips.



**Beef Bolognese on Pasta**

Roast beef & rainbow slaw with bolognese sauce on pasta.

**Snack:** Cheese slice, pretzel.



**Aioli Fish Bites Wrap**

Wholemeal wrap with fish bites, garden mix, lettuce and aioli.

**Snack:** Veggie sticks, cake.



**Classic Chicken Roll**

Crispy chicken tender with garden mix and mayonnaise in a wholemeal roll.

**Snack:** Dried apricots, cookie.

MEAL OPTION  
TWO

**Mexican Lamb Wrap**

Wholemeal wrap with lamb, garden mix, grated carrot and tomato salsa.

**Snack:** Dried apricots, banana cake.

**Butter Chicken on Rice**

Chicken and butter chicken sauce served on rice with rainbow slaw.

**Snack:** Veggie sticks, corn chips.

**Moroccan Beef on Pasta**

Roast beef & rainbow slaw with moroccan sauce on pasta.

**Snack:** Cheese slice, pretzel.

**Salsa Fish Bites Wrap**

Wholemeal wrap with fish bites, garden mix, lettuce and tomato salsa.

**Snack:** Veggie sticks, cake.

**BBQ Chicken Roll**

Crispy chicken tender with garden mix and BBQ sauce in a wholemeal roll.

**Snack:** Dried apricots, cookie.

FOR STUDENTS WITH SPECIFIED  
DIETARY REQUIREMENTS ONLY

**Vegetarian:** Vegetarian wrap - wholemeal wrap with broccoli cheese bites, garden mix, grated carrot and honey soy.

**Gluten Free:** Gluten free wrap - gluten free wrap with lamb, garden mix, grated carrot and honey soy. **Snack:** Dried apricots, GF cookie.

**Vegetarian:** Vegetables on rice - Mixed vegetables with teriyaki sauce served on rice with rainbow slaw and a sprinkle of sesame seeds.

**Gluten Free:** (as above)

**Vegetarian:** Kumara rosti bolognese on pasta - kumara rosti in a bolognese sauce on pasta.

**Gluten Free:** Beef bolognese on rice - beef & rainbow slaw in a bolognese sauce on rice. **Snack:** Cheese slice, GF cookie.

**Vegetarian:** Vegetarian wrap - wholemeal wrap with broccoli cheese bites, garden mix, lettuce and aioli

**Gluten Free:** Gluten free wrap - gluten free wrap with fish bites, garden mix, lettuce and aioli. **Snack:** Veggie sticks, GF cookie.

**Vegetarian:** Vegetarian roll - kumara rosti with garden mix and mayonnaise in a wholemeal roll.

**Gluten Free:** Classic chicken wrap - crispy chicken tender with garden mix and mayonnaise in a GF wrap. **Snack:** Dried apricots, 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. Items may vary subject to supply.

