

MONDAY

Beef Taco

Beef bites, lettuce, rainbow slaw, mayonnaise and tomato salsa in a wholemeal tortilla wrap

Snack: Natural corn chips

V, GF, DF: Cauliflower bites
GF: GF tortilla



TUESDAY

Katsu Chicken Salad

A crispy chicken tender, lettuce, rainbow slaw, cucumber, mayonnaise and katsu sauce

Snack: Cassava chips

V, GF, DF: Cauliflower schnitzel

WEDNESDAY

BCLT Sandwich

Bacon, cheese, lettuce, mayonnaise and tomato relish in between slices of Oatlicious bread

Snack: Fresh apple

V: Tofu slices
GF: GF bread
DF: No cheese



THURSDAY

Ham and Salad Filled Roll

Ham, lettuce, grated carrot, cheese and mayonnaise in an Oatlicious long roll

Snack: Pear

V: Peking BBQ tofu slices
GF: GF bread
DF: No cheese

FRIDAY

Chicken Satay Wrap^(DF)

Shredded chicken, lettuce, grated carrot, cucumber, mayonnaise and mild no-nut satay sauce in a wholemeal wrap

Snack: Fresh apple

V: Crumbled falafel
GF: GF tortilla

V-Vegetarian. GF-Gluten Free. DF-Dairy Free. H-Halal. Meals will be prepared to cater for children with specific allergies or cultural requirements. If you need gluten free, vegetarian or dairy free options please make the school aware two weeks in advance. 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.