

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAL OPTION ONE

Moroccan Beef Bites Wrap

Wholemeal wrap with beef bites, garden mix salad and moroccan sauce.

Snack: Crackers, cheese slices.

Chicken Bolognese on Maccaroni

Shredded chicken & mixed vegetables with bolognese sauce on maccaroni pasta.

Snack: Dried apricots, banana cake.

Honey Soy Pork on Rice

Pulled pork and honey soy sauce served on rice with a side of rainbow slaw.

Snack: Veggie sticks, corn chips.



Classic Chicken Wrap

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

Snack: Pretzel, cheese slice.



Tomato Salsa Fish Roll

Tuna with rainbow slaw and tomato salsa in a roll.

Snack: Dried apricots, banana cake.

MEAL OPTION TWO

Aioli Beef Bites Wrap

Wholemeal wrap with beef bites, garden mix salad and aioli.

Snack: Crackers, cheese slices.



Chicken and Cheese Sauce on Maccaroni

Shredded chicken & mixed vegetables with a cheese sauce on maccaroni pasta.

Snack: Dried apricots, banana cake.

Sweet Chilli Pork on Rice

Pulled pork and sweet chilli sauce served on rice with a side of rainbow slaw.

Snack: Veggie sticks, corn chips.

Teriyaki Chicken Wrap

Crispy chicken tender with garden mix and teriyaki sauce in a wholemeal wrap.

Snack: Pretzel, cheese slice.



Aioli Fish Roll

Tuna with rainbow slaw and aioli in a roll.

Snack: Dried apricots, banana cake.

FOR STUDENTS WITH SPECIFIED DIETARY REQUIREMENTS ONLY

Vegetarian: Vegetarian wrap - wholemeal wrap with broccoli cheese bites, garden mix salad and moroccan sauce.

Gluten Free: Gluten free wrap - gluten free wrap with beef bites, garden mix salad and moroccan sauce. **Snack:** GF crackers, cheese slices.

Vegetarian: Bolognese on maccaroni with vegetables - double mixed vegetables with bolognese sauce on maccaroni pasta.

Gluten Free: Chicken bolognese on rice - shredded chicken & mixed vegetables with bolognese sauce on rice. **Snack:** Dried apricots, GF cookie.

Vegetarian: Honey soy broccoli cheese bites on rice - broccoli cheese bites and honey soy sauce served on rice with a side of rainbow slaw.

Gluten Free: (as above)

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

Gluten Free: Classic chicken wrap - crispy chicken tender with garden mix and mayonnaise in a GF wrap. **Snack:** GF cracker, cheese slice.

Vegetarian: Kumara rosti roll - kumara rosti with rainbow slaw and tomato salsa in a wholemeal roll.

Gluten Free: Tomata salsa fish wrap - tuna with rainbow slaw and tomato salsa in a gluten free 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.