

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAL OPTION
ONE

Chicken & BBQ Wrap

Wholemeal wrap with a chicken tender, fancy lettuce and chipotle bbq sauce.

Snack: Cookie, veggie sticks.



Teriyaki Beef on Rice

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

Snack: Banana cake, veggie sticks.

Sweet Chilli Fish Bites Wrap

Wholemeal wrap with oven baked crumbed fish bites, garden mix and sweet chilli sauce.

Snack: Banana cake, popcorn.



Chicken Bolognese on Maccaroni

Shredded chicken & rainbow slaw on penne pasta topped with bolognese sauce.

Snack: Dried apricots, pretzels.

Classic Lamb & Salad Roll

Lamb bites with fancy lettuce and mayonnaise in a speedy bake roll.

Snack: Veggie sticks, corn chips.

MEAL OPTION
TWO

Chicken & Tomato Wrap

Wholemeal wrap with a chicken tender, fancy lettuce and tomato salsa.

Snack: Cookie, veggie sticks.

Sweet Chilli Beef on Rice

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

Snack: Banana cake, veggie sticks.

Tomato Salsa Fish Bites Wrap

Wholemeal wrap with oven baked crumbed fish bites, garden mix and tomato salsa.

Snack: Banana cake, popcorn.

Chicken and Cheese Sauce on Maccaroni

Shredded chicken & rainbow slaw on penne pasta topped with a cheese sauce.

Snack: Dried apricots, pretzels.



Moroccan Lamb & Salad Roll

Lamb bites with fancy lettuce and moroccan sauce in a speedy bake roll.

Snack: Veggie sticks, corn chips.

FOR STUDENTS WITH SPECIFIED
DIETARY REQUIREMENTS ONLY

Vegetarian: Vegetarian wrap - brocccoli cheesy bites, lettuce and BBQ sauce.

Gluten Free: Gluten free wrap - chicken tender, fancy lettuce and chipotle bbq sauce. **Snack:** GF crackers, veggie sticks.

Vegetarian: Kumara rosti on rice - two kumara rosti with teriyaki sauce, served on rice with a side of slaw.

Gluten Free: Teriyaki Beef on Rice - sliced beef with teriyaki sauce, served on rice with a side of rainbow slaw. **Snack:** Popcorn, veggie sticks.

Vegetarian: Kumara rosti wrap - two kumara rosti in a wholemeal wrap with garden mix and sweet chilli sauce.

Gluten Free: Gluten free wrap - oven baked crumbed fish bites, garden mix and sweet chilli sauce. **Snack:** GF cookie, popcorn.

Vegetarian: Mixed veg bolognese on maccaroni - mixed veg & rainbow slaw on penne pasta topped with a bolognese sauce.

Gluten Free: Chicken and Cheese Sauce on rice - shredded chicken & rainbow slaw on rice topped with a cheese sauce. **Snack:** Dried apricots, GF cookie.

Vegetarian: Broccoli bites wrap - brocccoli bites with fancy lettuce and mayonnaise in a speedy bake roll.

Gluten Free: Lamb bites with fancy lettuce and mayonnaise in a gluten free wrap. **Snack:** Veggie sticks, 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.