

MONDAY

Cauliflower and Chipotle Tacos^(V,DF,EF)

Cauliflower bites, lettuce, rainbow slaw, mayonnaise and chipotle sauce in a wholemeal tortilla wrap

Snack: Fresh apple

GF: GF tortilla

TUESDAY

Chicken Nacho Bowl^(GF)

Shredded chicken, lettuce, cheese, sour cream, chipotle sauce, tomato salsa and corn chips

Snack: Orange slices

V: Peking tofu

WEDNESDAY

Ham and Egg Sandwich

Ham, egg, lettuce, and mayonnaise in between slices of Oatlicious bread

Snack: Fruit yoghurt

V: Extra egg
GF: GF bread

DF snack: Orange wedges

THURSDAY

Crispy Chicken Roll

A crispy chicken tender, lettuce, grated carrot, cucumber and mayonnaise in an Oatlicious long roll

Snack: Fresh apple

V: Kumara rosti
GF: GF bread, shredded chicken
DF: Shredded chicken

FRIDAY

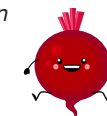
Beef Wrap

Beef bites, lettuce, grated carrot, cheese and burger sauce in a wholemeal wrap

Snack: Pretzels

V: Kumara rosti
GF: GF wrap, roast beef
DF: Roast beef

GF snack: GF cookie



V-Vegetarian. GF-Gluten Free. DF-Dairy Free. EF-Egg Free. 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.