

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAL OPTION ONE

Tuna Pasta Salad with Mayo

Tuna and mayonnaise on penne pasta with a side of coleslaw.

Snack: Banana cake, veggie sticks

Sweet Chilli Beef Bites Wrap

Beef bites with fancy lettuce, sweet chilli sauce in a wholemeal wrap.

Snack: Popcorn, dried apricots.

Butter Chicken on Rice

Shredded chicken with a butter curry sauce, served on rice with a side of rainbow slaw.

Snack: Shortbread cookies, corn chips.

Classic Ham & Salad Roll

Sliced ham with fancy lettuce and mayonnaise in a speedy bake roll.

Snack: Banana cake, cheese slices.

Moroccan Beef on Rice

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

Snack: Veggie sticks, popcorn.



MEAL OPTION TWO

Tuna Pasta Salad with a Cheese Sauce

Tuna and a cheese sauce on penne pasta with a side of coleslaw.

Snack: Banana cake, veggie sticks

Teriyaki Beef Bites Wrap

Beef bites with fancy lettuce, teriyaki sauce in a wholemeal wrap.

Snack: Popcorn, dried apricots.

Honey Soy Chicken on Rice

Shredded chicken with a honey soy sauce, served on rice with a side of rainbow slaw.

Snack: Shortbread cookies, corn chips.

Chipotle BBQ Ham & Salad Roll

Sliced ham with fancy lettuce and chipotle bbq sauce in a speedy bake roll.

Snack: Banana cake, cheese slices.

Tomato Salsa Beef on Rice

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

Snack: Veggie sticks, popcorn.



FOR STUDENTS WITH SPECIFIED DIETARY REQUIREMENTS ONLY

Vegetarian: Broccoli bites and mayonnaise on penne pasta with a side of coleslaw.

Gluten Free: Tuna and mayonnaise on rice with a side of coleslaw. **Snack:** GF Cookie, veggie sticks.

Vegetarian: Kumara rosti with fancy lettuce, sweet chilli sauce in a wholemeal wrap.

Gluten Free: Kumara rosti with fancy lettuce, sweet chilli sauce in a gluten free wrap. **Snack:** (as above).

Vegetarian: Two kumara rosti's in a butter curry sauce, served on rice with a side of rainbow slaw.

Gluten Free: (as above). **Snack:** GF Cookie, corn chips.

Vegetarian: Kumara rosti with fancy lettuce and mayonnaise in a speedy bake roll.

Gluten Free: Sliced ham with fancy lettuce and mayonnaise in a gluten free wrap. **Snack:** GF cookie, cheese slices.

Vegetarian: Mixed veges in a moroccan sauce, served on rice with a side of rainbow slaw.

Gluten Free: (as above). **Snack:** (as above).

• 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.