

MONDAY

Bean & Pulled Pork Nachos

Corn chips with chilli bean, capsicum and corn salad with BBQ pulled pork, carrot and cheese and sour cream/yoghurt dressing.

Dietary Alternatives:
V, VE: Chilli bean nachos. DF, VE: Vegan cheese & coconut yoghurt dressing. H, NP, SF: Bean & chicken nachos.

Snack: Popcorn
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
None

TUESDAY

Chicken, Cheese & Salad Wrap

Wholemeal wrap with chicken, cheese & mixed salad.

Dietary Alternatives:
V, VE: Falafel. GF: GF wrap. DF, VE: Vegan cheese. EF, VE: Vegan mayo.

Snack: Corn Chips
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
None

WEDNESDAY

Ham Pizza

Wholemeal mini pizza with ham & cheese, veg sticks, rice cracker with hummus.

Dietary Alternatives:
V, VE: Mushroom chickpea super sausage. GF: GF pizza base. DF, VE: Vegan cheese. H, NP, SF: Chicken.

Snack: Fruit Yoghurt
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
DF, VE: Trail mix

THURSDAY

Egg, Cheese & Salad Roll

Wholemeal long roll filled with egg mayo, cheese and spinach, with coleslaw and corn cob.

Dietary Alternatives:
EF, VE: Chickpea smash with vegan mayo. GF: GF roll. DF, VE: Vegan cheese, falafel.

Snack: Hidden Vege Raspberry Mud Muffin
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
EF, VE: Anzac cookie, GF: Rice cracker

FRIDAY

Cheeseburger

Wholemeal bun, beef burger patty, cheese, lettuce, tomato sauce, and mixed salad.

Dietary Alternatives:
V, GF, VE, SF, H, NB: Black bean burger patty. GF: GF burger bun. DF, VE: Vegan Cheese.

Snack: Cookie
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
GF, VE: Coconut blissballs



Key: (V) Vegetarian. (GF) Gluten Free. (DF) Dairy Free. (EF) Egg Free. (H) Halal. (NB) No Beef. (NP) No Pork. *Senior students additional item.

Meals will be prepared to cater for children with specific allergies or cultural requirements. If you need these 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.