

MONDAY

Nacho Salad with Chicken & Cheese

Corn chips with cheese salad,
kidney beans, chicken, salsa
and sour cream/yoghurt
topping.

Dietary Alternatives:
V, VE: Kidney beans. DF, VE:
Vegan cheese, coconut yoghurt.

Snack: Cookie
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
GF, SF: Popcorn

TUESDAY

Classic Baked Cheese Roll & Mixed Salad

Wholemeal tortilla, cheese &
cottage cheese baked, served
with mixed salad & chicken.

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

**Snack: Hidden Vege
Pumpkin Pie Muffin**
+ Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
GF, DF, EF, VE: Trail mix or
coconut blissballs

WEDNESDAY

Hawaiian Pizza & Pasta Salad

Wholemeal mini pizza base with
pizza sauce, ham, cheese &
pineapple with pasta salad.

Dietary Alternatives:
V, VE: Mushroom chickpea super
sausie. 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

Corned Beef & Cheese Sandwich

Wholemeal bread with corned
beef, lettuce & cheese with
potato corn salad, carrot sticks.

Dietary Alternatives:
V, H, NP: Egg mayo. VE: Chickpea
smash with vegan mayo. GF:
GF bread. SF: SF bread. DF, VE:
Vegan cheese. DF, EF, VE: Vegan
potato salad. EF: Vegan mayo.

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

Snack Dietary Alternatives:
None

FRIDAY

Chicken & Slaw Burger

Burger bun with chicken patty,
cheese and mixed salad.

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

Snack: Seasonal Fruit

Snack Dietary Alternatives:
None



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