

MONDAY

Mac & Cheese

Dietary Alternatives:
GF: GF pasta, cheese sauce
DF, VE: Pasta with savoury lentil
sauce & vegan cheese

Snack: Yoghurt

Snack Dietary Alternatives:
DF, VE: Seasonal fruit



TUESDAY

Beef & Cheese Salad Wrap

Sliced roast beef, salad,
cheese, corn.

Dietary Alternatives:
V, VE: Falafels
GF: GF wrap
DF: Vegan cheese
H, NB: Roast chicken

Snack: Hummus, Veggie
Sticks, Pretzels *Fruit

Snack Dietary Alternatives:
GF: Corn chips

WEDNESDAY

Chicken Ranch Pasta Salad

Pasta spirals, ranch dressing,
chicken, cheese, corn, carrot
batons.

Dietary Alternatives:
V, VE: Mushroom magic mince
GF: GF pasta
DF, VE: Vegan cheese

Snack: Bliss Balls *Fruit

Snack Dietary Alternatives:
None

THURSDAY

Chicken Mayo Sandwich

Wholemeal bread or roll, roast
chicken, mayo, salad. *Kumara
rosti.

Dietary Alternatives:
V: Tofu slices or egg mayo
GF: GF bread or roll

Snack: Blueberry *Fruit

Snack Dietary Alternatives:
DF, EF, VE: Kea cookie

FRIDAY

Butter Chicken & Rice

Chicken, chickpeas, seasonal
veg, butter chicken sauce, rice.

Dietary Alternatives:
V, VE: Chickpeas
DF, VE: Dairy free butter chicken
sauce

Snack: 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. *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.