

MONDAY

Pasta & Meatballs

Pasta with a Napoli sauce, meatballs & cheese with peas.

Dietary Alternatives:
GF: Gluten Free Pasta
V, GF, DF, VE, NB, H: Veggie & Quinoa 'Amazeballs'

Snack: Yoghurt

Snack Dietary Alternatives:
DF, VE: Fruit Salad



TUESDAY

Chicken Salad Wrap

Chicken, salad and cheese in a wholemeal wrap.

Dietary Alternatives:
V, VE: Smashed Chickpeas Salad Wrap

Snack: Hummus, Corn Chips, Carrot Sticks*Fruit

Snack Dietary Alternatives:
None



WEDNESDAY

Nachos

Corn chips with chicken, beans and cheese.

Dietary Alternatives:
V, VE: Chili Bean Nachos

Snack: Cookies

Snack Dietary Alternatives:
None



THURSDAY

Cheese & Ham Salad Sandwich

Cheese, ham and salad.

Dietary Alternatives:
GF: GF Bread
V, NP, H: Egg & Cheese Sandwich
VE: Tofu Salad Sandwich

Snack: Seasonal Fruit or Muffin

Snack Dietary Alternatives:
GF, DF, EF, VE: kea cookie

FRIDAY

Sweet & Sour Noodles

Rice noodles with sauce, pork and mixed vegetables.

Dietary Alternatives:
V, VE : Tofu Noodles
NP, H: Chicken Noodles

Snack: Seasonal Fruit or Muffin

Snack Dietary Alternatives:
GF, DF, EF, VE: kea cookie



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.