

MONDAY

Lasagne with Seasonal Vegetables

Dietary Alternatives:
V, VE, H, NB: Vegetarian lasagne
GF, DF: GF/DF lasagne

Snack: Fruity Yoghurt

Snack Dietary Alternatives:
V, DF, VE: Seasonal fruit



TUESDAY

Chicken Wrap

Wholemeal Wrap, roast chicken, coleslaw, carrot, spinach, smashed chickpeas, Bombay Aioli.

Dietary Alternatives:
V, VE: Smashed chickpeas
GF: GF wrap

Snack: Hummus, Veggie Sticks, Corn Chips

Snack Dietary Alternatives:
None



WEDNESDAY

Sushi Rice Bowl

Sushi rice, sesame seeds, chicken, tofu, peas, carrot, celery, capsicum, japanese mayo, soy sauce.

Dietary Alternatives:
V, VE: Tofu

Snack: Cookies*Fruit

Snack Dietary Alternatives:
None

THURSDAY

Beef & Cheese Sandwich

Wholemeal bread, roast beef, edam cheese, lettuce, relish, mayo.*Carrot batons & kumara rosti.

Dietary Alternatives:
V, NB, H: Egg mayo
VE: Tofu slices
DF, VE: Vegan cheese
EF, VE: Vegan mayo

Snack: Seasonal Fruit

Snack Dietary Alternatives:
None

FRIDAY

Chicken Parmigiana & Roll

Chicken tender, parmigiana sauce, spinach, green beans, cheese, dinner roll.

Dietary Alternatives:
V, VE: Chickpea falafel
GF, DF, H: Chicken
DF, VE: Raguletto sauce, vegan cheese

Snack: Blueberry Muffin

Snack Dietary Alternatives:
GF, DF, EF, VE: Bliss balls

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.