



MONDAY

Stir Fried Rice

*Rice, mixed vegetables,
chickpeas.*

Dietary Alternatives:
None

Snack: Fruity Yoghurt

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



TUESDAY

Ham & Cheese Wrap w Salad

*Wholemeal Wrap, ham, cheese,
coleslaw, carrot, corn.*

Dietary Alternatives:
V, NP, H: Cheese salad wrap
GF: GF wrap
DF: Vegan cheese
VE: Vegetable patty salad wrap,
vegan cheese

Snack: Hummus, Veggie Sticks, Corn Chips

Snack Dietary Alternatives:
DF, VE: Corn chips

WEDNESDAY

Burger Sliders & Salad

*Beef burger, wholemeal roll,
burger sauce, lettuce, edam
cheese slice, carrot batons.*

Dietary Alternatives:
V, EF, NB, H, DF, VE: Veggie
burger
VE, DF: Vegan cheese

Snack: Cookie*Fruit

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

THURSDAY

Chicken Mayo Filled Roll

*Roll, roast chicken, mayo,
lettuce, carrot.*

Dietary Alternatives:
VE: Egg mayo filled roll
GF: GF roll
EF: Vegan mayo
VE: Tofu filled roll, vegan mayo

Snack: Wholemeal Pikelet

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

FRIDAY

Chicken & Rice with BBQ sauce

*Chicken, capsicum, peas, tofu,
BBQ sauce, sesame seeds,
carrot, rainbow slaw, rice.*

Dietary Alternatives:
V, VE: Tofu

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. *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.