

## MONDAY

### Loaded Nachos

Chilli beans, chicken, corn, and capsicum on corn chips, topped with sour cream/yoghurt and cheese.

**Dietary Alternatives:**  
V, VE: Chilli bean loaded nachos  
DF, VE: Vegan cheese, coconut yoghurt

#### Snack: Seasonal Fruit

**Snack Dietary Alternatives:**  
None

## TUESDAY

### Chicken Wrap

Wholemeal wrap, roast chicken, cheese, mayo, salad.

**Dietary Alternatives:**  
V, FE: Falafel  
GF: GF wrap  
DF, VE: Vegan cheese

#### Snack: Fruit Yoghurt

**Snack Dietary Alternatives:**  
DF, VE: Trail mix

## WEDNESDAY

### Ham & Cheese Pizza

Wholemeal pizza base, pizza sauce, pizza ham, cheese, veggie sticks & hummus.

**Dietary Alternatives:**  
V, VE: Mushroom & grain 'notsausie'  
GF: GF pizza base  
DF, VE: Vegan cheese

#### Snack: Seasonal Fruit

**Snack Dietary Alternatives:**  
None

## THURSDAY

### Chicken Mayo Sandwich

Chicken and lettuce filling in wholemeal bread, with carrot sticks. \*Potato corn salad.

**Dietary Alternatives:**  
V: Egg mayo sandwich filling  
H, NP: Plain chicken filling  
VE, EF: Chickpea smash filling with vegan mayo  
DF, EF, VE: Corn cob to replace potato salad HS  
GF: GF bread

#### Snack: Seasonal Fruit

**Snack Dietary Alternatives: None**

## FRIDAY

### Chicken Teriyaki Salad

Chicken with teriyaki sauce on brown rice, with slaw, Japanese mayo & sesame seeds.

**Dietary Alternatives:**  
V, VE: Tofu

#### Snack: Orange Wedges

**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.

## MONDAY

### Happy Labour Day

Enjoy your long weekend.



## TUESDAY

### Pizza Roll Up & Salad

Baked wholemeal tortilla with pizza sauce, ham, and cheese, served with coleslaw salad.

**Dietary Alternatives:**  
V, VE: Mushroom magic mince  
GF: Gf wrap  
DF, VE: Vegan cheese

**Snack: Fruit Yoghurt**  
\*Muffin ^Cookie

**Snack Dietary Alternatives:**  
GF, DF, EF, VE: Blissbites  
DF, VE: Trail Mix

## WEDNESDAY

### Egg & Bacon Pasta Salad

Pasta salad with bacon and egg, and seasonal veg.

**Dietary Alternatives:**  
V, VE: Mushroom & grain 'notsausie'  
GF: GF pizza base  
DF, VE: Vegan cheese

**Snack: Fruit Yoghurt**  
\*Seasonal Fruit, Cookie

**Snack Dietary Alternatives:**  
DF, VE: Trail mix

## THURSDAY

### Meatball Sub Roll

Meatballs and parmigiana sauce on a high fibre long roll with cheese.

**Dietary Alternatives:**  
GF: GF bread  
H, NP: Sliced chicken  
V, VE: Black bean patty  
DF, VE: Vegan cheese  
EF, VE: Vegan mayo  
DF, VE: Corn & beans

**Snack: Corn cob**  
\*Seasonal Fruit

**Snack Dietary Alternatives:**  
GF, DF, EF, VE: Corn chips

## FRIDAY

### Butter Chicken Wrap

Butter chicken sauce and brown rice tucked into a wholemeal wrap.

**Dietary Alternatives:**  
V, VE: Tofu

**Snack: Pikelet**  
\*Seasonal Fruit

**Snack Dietary Alternatives:**  
None

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