

MONDAY

Cottage Pie

Beef mince with veggies and lentils topped with mashed potato, served with mixed veggies.

Dietary Alternatives:
V, NB, VE: Gardener's pie with beans, lentils and veggies.
DF, VE: DF mashed potato.

Snack: Cookie

Snack Dietary Alternatives:
GF, DF: Popcorn, cracker or trail mix



TUESDAY

Pork & Chilli Bean Nachos

Corn Chips with pulled pork, chilli bean and corn with carrot.

Dietary Alternatives:
V, VE: Chilli beans. DF, VE: Vegan cheese. H: Chicken.
SF: Four bean mix.

Snack: Apple or Peach Slices

Snack Dietary Alternatives:
None

WEDNESDAY

Butter Chicken & Brown Rice

Butter chicken sauce with chicken, chickpeas and veggies served with brown rice.

Dietary Alternatives:
V, VE: Butter chickpeas with brown rice.

Snack: Popcorn

Snack Dietary Alternatives:
None

THURSDAY

Ham Pizza with Veg Sticks & Corn Chips

Wholemeal pizza base with pizza sauce, ham and cheese, with carrot batons + corn chips.

Dietary Alternatives:
V, DF, VE: Falafel. GF: GF pizza base. DF, VE: Vegan cheese.
H, NP, SF: Chicken.

Snack: Fruit Yoghurt + Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
DF, VE: Trail mix.

FRIDAY

Pasta & Meatballs

Wholemeal pasta with napoli style vegful tomato sauce and meatballs with cheese and peas.

Dietary Alternatives:
V, GF, DF, H, NB, VE, SF: Beetroot, quinoa amazeballs. GF: GF pasta.
DF, VE: Vegan cheese.

Snack: Hidden Vege Muffin

Snack Dietary Alternatives:
GF, EF, VE: Popcorn, cracker or trail mix.

Key: (V) Vegetarian. (GF) Gluten Free. (DF) Dairy Free. (EF) Egg Free. (H) Halal. (NB) No Beef. (NP) No Pork. (SF) Soy Free.

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.