

MONDAY

Meatloaf, Mashed Potato & Vegetables

*Savoury mince meatloaf,
mashed potato and vegetables.*

Dietary Alternatives:
V, NB: Vegetable cottage pie
DF, VE: Potato wedges
VE: Savoury lentils

Snack: Cookie

Snack Dietary Alternatives:
GF: Blissbites



TUESDAY

Pizza Roll Up & Salad

*Wholemeal wrap, pizza sauce,
cheese & pizza ham (baked)
with salad.*

Dietary Alternatives:
V, VE: Mushroom chickpea filling
H, NP: Chicken filling
DF, VE: Vegan cheese
GF: GF tortilla

Snack: Fruity Yoghurt*Cookie

Snack Dietary Alternatives:
VE, DF: Fruit salad or mixed nuts
*Blissbites

WEDNESDAY

Chicken Stew with Potato Wedges

*Chicken, corn and veggies stew
with potato wedges.*

Dietary Alternatives:
V, VE: White beans and vegetable
sauce

Snack: Pikelet

Snack Dietary Alternatives:
GF: GF cracker or Blissbites
DF, EF, VE: Cracker or Blissbites

THURSDAY

Bacon Lettuce Sandwich

*Wholemeal bread, bacon,
lettuce, tomato relish, cheese &
mayo with potato salad.*

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: Cookie

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

FRIDAY

Pasta & Meatballs

*White and wholemeal pasta,
tomato based pasta sauce,
meatballs, cheese and peas.*

Dietary Alternatives:
GF: GF pasta
V, GF, DF, VE: Kumara quinoa
Amazeballs
H, NB: Lamb meatballs, or
Amazeballs
DF, VE: Vegan cheese

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.