

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.