

MONDAY

Bacon Frittata with Carrot Sticks

Tasty bacon frittata paired with carrot sticks, *wholemeal roll.

Dietary Alternatives:
V, GF, VE: Black bean burger patty
GF: GF burger bun
DF, VE: Vegan Cheese

Snack: Fruit Yoghurt *Seasonal Fruit

Snack Dietary Alternatives:
DF, VE: Trail Mix

TUESDAY

Pork Taco Wrap

Wholemeal tortilla with pulled pork, chilli beans, cheese, salad with corn.

Dietary Alternatives:
V, VE: Mexican corn magic mince
GF: GF wrap
DF, VE: Vegan cheese

Snack: Cookie

Snack Dietary Alternatives:
GF, VE, SF: Trail mix

WEDNESDAY

Hawaiian Pizza

Wholemeal pizza base with ham, pineapple, and cheese with seasonal salad.

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

Snack: Seasonal Fruit *Cookie

Snack Dietary Alternatives:
GF, DF, EF, VE, SF: Coconut Blissballs

THURSDAY

Chicken Mayo Sandwich

Chicken sandwich filling with lettuce 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. GF: GF bread

Snack: Seasonal Fruit

Snack Dietary Alternatives:
None

FRIDAY

Vegemite & Cheese Scroll

Vegemite and cheese scroll with chicken and roast veg salad, and a corn cob.

Dietary Alternatives:
V: Falafel to replace chicken
GF, DF, EF: Falafel to replace scroll
VE: Falafel and Roast Veg Salad

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, ^Junior students only.

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.