



WEEK 1 Served Week:

Aug 25th-29th / Sept 22nd-26th / Oct 27th-31st / Nov 24th -28th

*Vegetarian options available daily *All vegetables are locally sourced where possible *Vegetables or side salad are served with each main meal * Bakes have low sugar and salt content

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

SERVED MONDAY-THURSDAY

NEW Basmati rice Pots **VE** **Penne pasta Pots** **VE/G**

with **Protein rich red sauce** **VE/L/C** OR **Beef bolognese sauce** **L/C**

Whole-wheat pasta, tomato, lentil, carrot, celery, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano
(Beef Bolognese includes lean beef mince, bay leaf, parsley)

Jacket potatoes (Gluten free) **VE** Pre-order at first break for lunch break

with a choice of topping **Baked beans** **VE/L** **Cheddar cheese** **V/D** **Sweetcorn** **VE** **Chicken mayo** **E/S/M** **Tuna mayo** **F/E/M/S** **BBQ chicken** **S/M** **Beef bolognese** **L/C**

MONDAY

Veg Hot Meal **Egg fried rice** **V/L/S/E**

Rice, egg, pea, carrot onion, ginger, garlic, lite soy

Non-Veg Hot Meal **NEW Breaded fish fillet** **F/G** with **rice** **VE** and **teriyaki sauce** **VE/S**

Breaded fish fillet, basmati rice, garlic, ginger, onion, lite soy

- Both served with sauteed carrots & zucchini **VE**

TUESDAY

Veg Hot Meal **Cheesy broccoli pasta** **V/G/D**

Broccoli, lemon juice, olive oil, onion, garlic, flour, low fat milk, parmesan, whole-wheat penne

Non-Veg Hot Meal **Beef loaded nachos** **L/D**

Lean minced beef, tomato, kidney bean, mixed bell peppers, carrot, garlic, cumin, coriander, paprika, olive oil, salt, pepper, avocado, lemon, corn crackers, low fat cheddar cheese

WEDNESDAY

Veg Hot Meal **Veggie noodles** **G/E/S**

Egg noodles, rice noodles, mixed capsicum, cabbage carrot, onion, ginger, garlic, lite soy

Non-Veg Hot Meal **Thai chicken with rice**

Chicken breast, olive oil, ginger, garlic, lemongrass, lemon, zest, coriander, basmati

- Both served with wok veg & mange tout **VE/L**

THURSDAY

Veg Hot Meal **Margarita pizza fingers** **V/G/D/L/C**

Flour, yeast, sugar, salt, olive oil, low fat cheese, onion, garlic, tomato, tomato paste, carrot, celery, lentil, oregano, basil

Non-Veg Hot Meal **Chicken burger** **G/E/L/C** With **Marinara sauce** **L/C**

Chicken breast minced, egg, seasoning, olive oil, bread roll, onion, garlic, tomato, tomato paste, carrot, celery, lentil, oregano, basil

- Both served with skin on wedges **VE**
- Garden peas **VE/L** and sweetcorn **VE**

FRIDAY

Veg Hot Meal **French toast (Banana Berry)** **G/E/D**

Brioche, egg, low fat milk, date syrup, banana, blueberry

Non-Veg Hot Meal **Teriyaki chicken bao buns** **G/S**

Bao bun, chicken breast, soy lite, ginger, garlic, shredded carrot, shredded cabbage, coriander



WEEK 2 Served Week:

Sept 1st-5th/29th – Oct 3rd/Nov 3rd – 7th /Dec 1st -5th

*Vegetarian options available daily *All vegetables are locally sourced where possible *Vegetables or side salad are served with each main meal *Bakes have low sugar and salt content

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

SERVED MONDAY-THURSDAY

NEW Basmati rice Pots **VE** **Penne pasta Pots** **VE/G**

with **Protein rich red sauce** **VE/L/C** OR **Beef bolognese sauce** **L/C**

Whole-wheat pasta, tomato, lentil, carrot, celery, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano
(Beef Bolognese includes lean beef mince, bay leaf, parsley)

Jacket potatoes (Gluten free) **VE** Pre-order at first break for lunch break

with a choice of topping **Baked beans** **VE/L** **Cheddar cheese** **V/D** **Sweetcorn** **VE** **Chicken mayo** **E/S/M** **Tuna mayo** **F/E/M/S** **BBQ chicken** **S/M** **Beef bolognese** **L/C**

MONDAY

Veg Hot Meal **Butternut risotto** **V/D**

Arborio rice, butternut, vegetable stock, onion, garlic, sage, seasoning, parmesan,

Non-Veg Hot Meal **Sausage mash & gravy** **G/S/D**

Chicken sausage, potato, low fat milk, chicken stock, lite soy, pepper

- Served with broccoli and cauliflower **VE**

TUESDAY

Veg Hot Meal **Macaroni twist** **V/G/D**

Macaroni, cauliflower, vegetable stock, onion, low fat cheese, low fat milk, garlic, salt, pepper

Served with carrots **VE**

Non-Veg Hot Meal **Mexican chicken loaded nachos** **L/D**

Chicken breast, tomato, kidney bean, mixed bell peppers, carrot, lentil, garlic, cumin, coriander, paprika, olive oil, salt, pepper, avocado, lemon, corn crackers, low fat cheddar cheese

WEDNESDAY

Veg Hot Meal **Paneer & vegetable curry** **V/D/L**

Paneer, carrot, peas, ginger onion, garlic, coriander, cumin garam masala, turmeric, tomato, natural yogurt

Non-Veg Hot Meal **Butter chicken** **D** **Rice** **VE**

Chicken breast, ginger onion, garlic, coriander, cumin garam masala, turmeric, tomato, natural yogurt, low fat butter, rice

- Both served with rice, carrots and zucchini **VE**

THURSDAY

Veg Hot Meal **Margarita pizza fingers** **V/G/D/L/C**

Flour, yeast, sugar, salt, olive oil, low fat cheese, onion, garlic, tomato, tomato paste, carrot, celery, lentil, oregano, basil

Non-Veg Hot Meal **100% beef burger with lettuce & marinara sauce** **G/E/L/C**

Lean beef mince, egg, seasoning, Italian herbs, tomato, lentil, carrot, garlic, onion, olive oil, lettuce, bread roll

- Both served with fresh wedges, sweetcorn **VE**
- Peas **VE/L**

Potato, olive oil, oregano, salt pepper, sweetcorn, garden peas

FRIDAY

Veg Hot Meal **Vegetable spring rolls with sweet chili sauce** **VE/G/L**

Filo pasty, cabbage, carrot, green bean, mix capsicum, seasoning, sweet chili sauce

Non-Veg Hot Meal **Chicken dumpling with soy lite dip** **G/C/S**

Chicken, flour, celery, onion, coriander, ginger, garlic, seasoning, chicken stock, corn flour, lite soy, seasoning



WEEK 3 Served Week: Sept 8th- 12th / Oct 6th – 10th / Nov 10th -14th

*Vegetarian options available daily *All vegetables are locally sourced where possible *Vegetables or side salad are served with each main meal * Bakes have low sugar and salt content

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

SERVED MONDAY-THURSDAY

NEW Basmati rice Pots VE Penne pasta Pots VE/G

with **Protein rich red sauce VE/L/C OR Beef bolognese sauce L/C**

Whole-wheat pasta, tomato, lentil, carrot, celery, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano
(Beef Bolognese includes lean beef mince, bay leaf, parsley)

Jacket potatoes (Gluten free) VE Pre-order at first break for lunch break

with a choice of topping **Baked beans VE/L Cheddar cheese V/D Sweetcorn VE Chicken mayo E/S/M Tuna mayo F/E/M/S BBQ chicken S/M Beef bolognese L/C**

MONDAY

Veg Hot Meal Cauliflower gratin V/G/D

Cauliflower, vegetable stock, onion, potato, low fat milk, garlic, seasoning, breadcrumbs, low fat cheese

Non-Veg Hot Meal Roast chicken with gravy

Chicken breast, chicken stock, seasoning, potato, olive oil, seasoning

- **Both served with roast potatoes VE**
- **Potato, olive oil, seasoning**
- **broccoli and carrots VE**

TUESDAY

Veg Hot Meal Mix bean loaded nachos V/D/L

Mixed beans, sweetcorn, tomato, mixed bell peppers, carrot, onion, garlic, cumin, coriander, paprika, olive oil, corn crackers

Non-Veg Hot Meal Beef loaded nachos L/D

Lean beef mince, tomato, kidney bean, mixed bell peppers, carrot, lentil, garlic, cumin, coriander, paprika, olive oil, corn crackers

- **Both served with house-made guacamole, salsa and low-fat cheese VE/D**

Avocado, lemon, tomato, onion, garlic, cumin, coriander, paprika, low fat cheddar cheese

WEDNESDAY

Veg Hot Meal NEW Vegetable teriyaki rice noodles S

Rice noodles, cabbage, mixed capsicum, carrot, onion, garlic, teriyaki sauce, egg, olive oil

Non-Veg Hot Meal Chicken teriyaki noodles G/E/S

breast, egg noodles, rice noodles, cabbage, mixed capsicum, carrot, onion, garlic, teriyaki sauce, olive oil

- **Served with vegetables VE**

THURSDAY

Veg Hot Meal Margarita pizza V/G/D/L/C

Flour, yeast, sugar, olive oil, salt, low fat cheese, onion, garlic, tomato, celery, tomato paste, carrot, lentil, oregano, basil

Non-Veg Hot Meal Chicken hotdog G

Fresh chicken sausage, bread roll

Both served with fresh wedges, sweetcorn VE

Peas VE/L

Potato, olive oil, seasoning, sweetcorn, garden peas

FRIDAY

Veg Hot Meal French toast (Mixed Berries) G/E/D

Brioche, egg, low fat milk, maple syrup, mixed berries

Non-Veg Hot Meal Sausage, scrambled egg potato rosti, baked beans, grilled tomatoes E/G/D/L

Fresh chicken sausage, Egg, olive oil, low fat milk, salt, pepper, potato rosti, baked beans, tomato



WEEK 4 Served Week: Sept 15th – 19th / Oct 20th- 24th / Nov 17th -21st

*Vegetarian options available daily *All vegetables are locally sourced where possible *Vegetables or side salad are served with each main meal *Bakes have low sugar and salt content

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

SERVED MONDAY-THURSDAY

NEW Basmati rice Pots VE Penne pasta Pots VE/G

with **Protein rich red sauce VE/L/C OR Beef bolognese sauce L/C**

Whole-wheat pasta, tomato, lentil, carrot, celery, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano
(Beef Bolognese includes lean beef mince, bay leaf, parsley)

Jacket potatoes (Gluten free) VE Pre-order at first break for lunch break

with a choice of topping **Baked beans VE/L Cheddar cheese V/D Sweetcorn VE Chicken mayo E/S/M Tuna mayo F/E/M/S BBQ chicken S/M Beef bolognese L/C**

MONDAY

Veg Hot Meal Nut free pesto linguini V/G/D

Whole-wheat pasta, basil, garlic, parmesan, olive oil,
low fat cheddar cheese, salt, pepper

Non-Veg Hot Meal Chicken shish tawouk D Rice VE

Chicken breast, natural yogurt, lemon juice, garlic, sweet
paprika, salt, pepper, olive oil, basmati rice

- **Both served with broccoli VE**

TUESDAY

Veg Hot Meal Veggie burrito V/L/D/G

Mixed beans, basmati rice, tomato, kidney bean, mixed bell
peppers, carrot, lentil, onion celery, garlic, cumin, coriander,
paprika, olive oil, low fat cheese, whole-wheat tortilla

Non-Veg Hot Meal Mexican chicken loaded nachos L/D

Chicken breast, tomato, kidney bean, mixed bell peppers,
carrot, lentil, garlic, cumin, coriander, paprika
, olive oil, salt, pepper, avocado, lemon, corn crackers, low
fat cheddar cheese

- **broccoli and carrots VE**

WEDNESDAY

Veg Hot Meal Chickpea curry with rice VE/L

Chickpea, onion, cumin, paprika, garlic, curry powder,
turmeric, garlic, tomato paste, carrot, lentil, rice

Non-Veg Hot Meal Chicken katsu curry G/E

Chicken breast, egg, bread, ginger onion, vegetable oil,
garlic, curry powder, turmeric, tomato, lite coconut milk

- **Rice VE**
- **Both served with broccoli and cauliflower VE**

THURSDAY

Veg Hot Meal Margarita pizza fingers V/G/D/L

Flour, yeast, sugar, salt, olive oil, low fat cheese, onion,
garlic, tomato, tomato paste, carrot, lentil, oregano, basil

Non-Veg Hot Meal Parmesan chicken tenders G/E/D

Chicken breast, egg, breadcrumbs, parmesan, seasoning

- **Both served with fresh wedges, sweetcorn VE**
Peas VE/L

Potato, olive oil, oregano, salt pepper, sweetcorn, garden
peas

FRIDAY

Veg Hot Meal Scrambled eggs, grilled halloumi, baked beans, potato rosti, grilled tomato V/E/L/D

Egg, low fat milk, olive oil, salt, pepper, halloumi, baked beans, potato rosti, tomato

Non-Veg Hot Meal NEW Fish fingers in a potato roll with house-made tomato sauce F/G/L/C

Baked fishfingers, tomato, onion, garlic, lentil, celery, salt, pepper, potato roll