



# WEEK 1 Served Week:

Jan 5<sup>th</sup>-9<sup>th</sup> / Feb 2<sup>nd</sup>-6<sup>th</sup> / Mar 2<sup>nd</sup>-6<sup>th</sup> Ramadan Menu

\*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

**Basmati rice Pots VE**

**Penne pasta Pots VE/G**

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

*Whole-wheat pasta, (blended tomato-lentil-carrot-celery-garlic-onion-basil-cinnamon-olive oil-salt-pepper-sugar-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**

**Beans, Pulses & Vegetables Added To Meals For Extra Fibre & Nutrition**

### MONDAY

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

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

**Non-Veg Hot Meal** Chicken shish tawook with rice **D**

*Chicken breast, low fat yogurt, garlic, lemon, sweet paprika, salt, pepper, basmati rice*

**Both served with** Carrots & green beans **L**

### TUESDAY

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

*Egg noodles, carrot noodles, beansprouts, green beans, mixed capsicum, cabbage, onion, ginger, garlic, lite soy*

**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, sugar, avocado, lemon, corn crackers, low fat cheddar cheese*

### WEDNESDAY

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

*Macaroni pasta, blended cauliflower, low fat milk, nutmeg, onion, garlic, parmesan (blended cottage cheese-white bean) mustard, salt, pepper*

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

*Chicken breast, (blended carrot-capsicum-tomato-ginger-onion-garlic-coriander-cumin-garam masala-turmeric-honey) low fat natural yogurt, low fat butter, basmati rice*

**Both served with** Broccoli and carrots **VE**

### THURSDAY

**Veg Hot Meal NEW** Margarita Pizza Fingers - High Fibre - Lower in Fat **G/D/L/C**

*Flour, yeast, salt, sugar, olive oil, low fat cheese, (blended cottage cheese, tomato-lentil-carrot-celery-garlic-onion-basil-cinnamon-olive oil-salt-pepper-sugar-oregano)*

**Non-Veg Hot Meal** Chicken hotdog **G/M**

*Fresh chicken sausage (chicken, onion powder, garlic, mustard, salt) bread roll*

**Both served with NEW** Roasted wedges & carrots **VE**

*Potato, carrot, olive oil, salt, pepper*

**Garden Peas VE/L and sweetcorn VE**

### FRIDAY

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

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

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

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



## WEEK 2 Served Week: JAN 12<sup>th</sup>-16<sup>th</sup> / FEB 9<sup>th</sup>-13<sup>th</sup> / MAR 9<sup>th</sup>-13<sup>th</sup> Ramadan Menu

\*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

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**, (blended tomato-lentil-carrot-celery-garlic-onion-basil-cinnamon-olive oil-salt-pepper-sugar-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

Beans, Pulses & Vegetables Added To Meals For Extra Fibre & Nutrition

### NEW MEATFREE MONDAY

Veg Hot Meal 1 NEW Butternut and Spinach Lasagna  
G/D/C/L

Butternut Squash, Spinach, (blended-tomato-carrot-lentil-celery-onion-garlic-olive oil-seasoning-sugar-Italian herbs) low fat milk, flour, low fat cheese, pasta sheet

Veg Hot Meal 2 Veggie burrito V/G/D/L

Basmati rice, (blended tomato-lentil-carrot-celery-garlic-onion-coriander-cumin-paprika-olive oil-salt-pepper-oregano) mushroom, avocado, lettuce, low fat cheese, whole-wheat Tortilla

- Both served with broccoli and carrots VE

### TUESDAY

Veg Hot Meal NEW Creamy Broccoli Pasta – High Fibre/Protein V/G/D/L

Broccoli, (blended cottage cheese-white beans-lemon juice olive oil-onion-garlic) flour-low fat milk, Parmesan cheese, whole-wheat penne pasta

- Served with carrots VE

Non-Veg Hot Meal Mex 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 (cheese), carrot, peas, ginger onion, garlic, coriander, cumin garam masala, turmeric, tomato, low fat natural yogurt

Non-Veg Hot Meal NEW Chicken katsu curry G/E

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

- Both served with rice, carrots and zucchini VE

### THURSDAY

Veg Hot Meal NEW Margarita Pizza Fingers - High Fibre - Lower in Fat G/D/L/C

Flour, yeast, salt, sugar, olive oil, low fat cheese, (blended cottage cheese, tomato-lentil-carrot-celery-garlic-onion-basil-cinnamon-olive oil-salt-pepper-sugar-oregano)

Non-Veg Hot Meal NEW Beef burger with lettuce & marinara sauce G/E/L/C

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

- Both served with skin on wedges, sweetcorn
- Peas VE/L

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

### FRIDAY

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

Filo pastry, 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: JAN 19<sup>th</sup>-23<sup>rd</sup> / FEB 16<sup>th</sup>-20<sup>th</sup> 18th Possible Ramadan Menu

\*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

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, (blended tomato-lentil-carrot-celery-garlic-onion-basil-cinnamon-olive oil-salt-pepper-sugar-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**

**Beans, Pulses & Vegetables Added To Meals For Extra Fibre & Nutrition**

### MONDAY

Veg Hot Meal **NEW Nut free pea pesto linguini V/G/D**

*Linguini pasta, garden peas, baby spinach, garlic, onion, Basil, olive oil, seasoning, oregano, parmesan cheese*

Non-Veg Hot Meal **NEW Roast chicken with roasted root vegetables & gravy**

*Chicken breast, chicken stock, seasoning, potato, sweet potato, butternut, zucchini, onion, olive oil, mixed herbs, seasoning*

- **Both served with** Broccoli and carrots **VE**

### TUESDAY

Veg Hot Meal **Mix bean loaded nachos VE/L**

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

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

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

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

*Avocado, lemon, tomato, onion, garlic, cumin, coriander, paprika, low-fat cheese, corn crackers*

### WEDNESDAY

Veg Hot Meal **Vegetable teriyaki noodles V/G/S/E/L**

*Egg noodles, carrot noodles, bean sprouts, green beans, cabbage, mixed capsicum, carrot, onion, garlic, teriyaki sauce, olive oil*

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

*Chicken breast, egg noodles, carrot noodles, beansprouts, green beans, cabbage, mixed capsicum, onion, garlic, teriyaki sauce, olive oil*

### THURSDAY

Veg Hot Meal **NEW Margarita Pizza Fingers - High Fibre - Lower in Fat G/D/L/C**

*Flour, yeast, salt, sugar, olive oil, low fat cheese, (blended cottage cheese, tomato-lentil-carrot-celery-garlic-onion-basil-cinnamon-olive oil-salt-pepper-sugar-oregano)*

Non-Veg Hot Meal **Parmesan chicken tenders**

**G/E/D with Marinara sauce L/C**

*Chicken breast, egg, breadcrumbs, parmesan, seasoning, (blended tomato-lentil-carrot-celery-garlic-onion-basil-cinnamon-olive oil-salt-pepper-oregano)*

- **Both served with** fresh wedges, corn/peas **VE/L**

*Potato, olive oil, seasoning, sweetcorn, garden peas*

### FRIDAY

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

*Brioche bread, egg, low fat milk, date syrup, mixed berries*

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

*Bao buns, chicken breast, barbeque sauce, shredded carrot, shredded cabbage, coriander*



## WEEK 4 Served Week: JAN 26<sup>th</sup>–30<sup>th</sup> / FEB 23<sup>rd</sup>–27<sup>th</sup> Ramadan Menu

\*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

**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, (blended tomato-lentil-carrot-celery-garlic-onion-basil-cinnamon-olive oil-salt-pepper-sugar-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**

Beans, Pulses & Vegetables Added To Meals For Extra Fibre & Nutrition

MONDAY

**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 NEW** Chicken Tikka Masala **D**

*Chicken breast, carrots, ginger onion, garlic, coriander, cumin garam masala, turmeric, tomato, natural yogurt, olive oil, rice*

- **Both served with carrots & cauliflower VE**

TUESDAY

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

*Rice, (blended tomato-lentil-carrot-celery-garlic-onion - basil-cinnamon-olive oil-salt-pepper-sugar-oregano) egg, pea, carrot onion, ginger, lite Soy*

- **Served with green beans VE/L**

**Non-Veg Hot Meal** Mexican chicken 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 cheese*

WEDNESDAY

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

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

**Non-Veg Hot Meal NEW** Beef Lasagna **G/D/C/L**

*Minced beef, tomato, lentil, carrot, celery, onion, garlic, basil, olive oil, salt, pepper, sugar, parsley, oregano, bay leaf, low fat milk, flour, blended cauliflower, low fat cheese*

- **Both served with carrots and broccoli VE**

THURSDAY

**Veg Hot Meal NEW** Margarita Pizza Fingers - High Fibre - Lower in Fat **G/D/L/C**

*Flour, yeast, salt, sugar, olive oil, low fat cheese, (blended cottage cheese, tomato-lentil-carrot-celery-garlic-onion-basil-cinnamon-olive oil-salt-pepper-sugar-oregano)*

- **Served with fresh skin on potato wedges VE**

*Potato, olive oil, oregano, salt pepper*

**Non-Veg Hot Meal NEW** Chicken Sausage, mash potato/cauliflower and gravy **G/C/M/D**

*Fresh chicken sausage, potato, cauliflower, seasoning, Chicken Stock, flour, carrot, onion, mustard, celery, low fat butter*

- **Both served with sweetcorn VE Peas VE/L**

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** Sausage, scrambled egg potato rosti, baked beans, grilled tomatoes **E/G/D/L/M**

*Fresh chicken sausage (chicken, onion powder, mustard, salt), Egg, olive oil, low fat milk, salt, pepper, potato rosti, baked beans, tomato*