



WEEK 1 Served Week:

Jan 5th-9th / Feb 2nd-6th / Mar 2nd-6th 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 12th-16th / FEB 9th-13th / MAR 9th-13th **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 **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:

JAN 19th-23rd / FEB 16th-20th 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 26th–30th / FEB 23rd–27th 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