



# WEEK 1 Served Week:

## May 4<sup>th</sup>-8<sup>th</sup>/June 1<sup>st</sup>-5<sup>th</sup> /June 29<sup>th</sup>-July 3<sup>rd</sup>

\*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 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 Vegetarian Shawarma**

With **Fresh Wedges L/G/D/V**

**Chickpea**, capsicum, paprika, cumin, coriander, onion, turmeric, cinnamon, salt, pepper, olive oil, potato, tomato, lettuce, pickles, Arabic **bread**, **yogurt**, lemon, mint, garlic

**Non-Veg Hot Meal NEW Chicken/Egg Fried Rice E/S/L**

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

**Both served with Seasonal Vegetables VE**

### TUESDAY

**Veg Hot Meal Veggie Noodles G/E/S/L/V**

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

**Non-Veg Hot Meal Beef Loaded Corn Crackers 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 Cheese G/D/M/L/C/V**

Macaroni **pasta**, cauliflower, carrot, onion, sweet potato, vegetable stock, **white beans**, **ricotta cheese**, **cheddar cheese**, olive oil, low fat **milk**, **mustard**, black pepper

**Non-Veg Hot Meal 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 Seasonal Vegetables VE**

### THURSDAY

**Veg Hot Meal Margarita Pizza Fingers G/D/L/C/V**

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

**Non-Veg Hot Meal Chicken Hotdog G/M/S**

Fresh chicken sausage **bread roll**

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

Potato, carrot, olive oil, salt, pepper

Sweetcorn & **Garden Peas VE/L**

### FRIDAY

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

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

**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



## WEEK 2 Served Week: May 11<sup>th</sup>-15<sup>th</sup> / June 8<sup>th</sup>-12<sup>th</sup>

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**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** **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

**Non-Hot Meal 1** **NEW** **Spinach & Ricotta Lasagna**  
**G/D/L/V**

*Pasta sheet, lentil, carrot, spinach, ricotta cheese, tomato, onion, olive oil, basil, pepper*

**Non-Veg Hot Meal 2** **NEW** **Vegetable Dumplings & Egg Fried Rice** **G/E/L/S/V**

*Basmati Rice, Egg, Peas, Onion, Carrot, Garlic, Flour, Chili, Onion, Ginger, Garlic, Pepper, Paprika Lite Soy*

**Both served with** Seasonal Vegetables **VE**

### TUESDAY

**Veg Hot Meal** **NEW** **Vegetable/Bean Enchilada**  
**C/L/D/V**

*Black beans, sweetcorn, spinach, green onion, (Blended tomato-sugar-onion-garlic-lentil-celery-carrot-cumin-vegetable broth-salt-pepper) corn tortilla, Cheese*

**Served with** Seasonal Vegetables **VE**

**Non-Veg Hot Meal** **Mex Chicken loaded Corn Crackers** **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** **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** Seasonal Vegetables **VE**

### THURSDAY

**Veg Hot Meal** **Margarita Pizza Fingers** **G/D/L/C/V**

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

**Non-Veg Hot Meal** **Beef Burger With Lettuce & Marinara Sauce** **G/E/L/C**

*Lean beef mince, egg, carrot, onion, tomato, lentil, Zucchini, celery, garlic, herbs, sugar, olive oil, salt, pepper, lettuce, roll*

**Both Served With** 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: SERVED WEEKS: May 18<sup>th</sup>-22<sup>nd</sup>/June 15<sup>th</sup>-19<sup>th</sup>

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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** 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** **Nut Free Pea Pesto Linguini** V/G/D/L

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

**Non-Veg Hot Meal** **NEW Sweet & Sour Chicken**

**Meatballs With Rice** G/D/E

*Chicken breast, breadcrumbs, pineapple, onion, ginger, garlic, mixed capsicum, tomato ketchup, white pepper*

**Both served with** Seasonal Vegetables VE

### TUESDAY

**Veg Hot Meal** **Mix Bean Loaded Corn Crackers** VE/L

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

**Non-Veg Hot Meal** **Beef Loaded Corn Crackers** 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** **Margarita Pizza Fingers** G/D/L/C/V

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

**Non-Veg Hot Meal** **NEW Lemon Chicken Tenders**

*Chicken breast, lemon, chicken broth, olive oil, rosemary, garlic, salt, onion powder, garlic powder, pepper*

**Both served with** Fresh wedges, corn/peas VE/L

*Potato, olive oil, seasoning, 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** **Barbeque Chicken Bao Buns** G/S/M

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



## WEEK 4 Served Week: May 25<sup>th</sup>-29<sup>th</sup>/June 22<sup>nd</sup>-26<sup>th</sup>

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**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 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 Chickpea Butternut & Spinach Curry With Rice VE/L**

**Chickpea**, spinach, butternut, (blended carrot-capsicum-ginger-onion-garlic coriander, cumin garam masala-turmeric) **basmati rice**

**Non-Veg Hot Meal Chicken Tikka Masala D**

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

**Both served with Seasonal Vegetables VE**

### TUESDAY

**Veg Hot Meal NEW Sweetcorn Pasta Bake G/L/D/V**

Wholewheat pasta, sweetcorn (blended **ricotta cheese**, tomato-lentil-carrot-celery-garlic-onion-basil-cinnamon-olive oil-salt-pepper-sugar-oregano) **cheese**

**Served with Seasonal Vegetables VE**

**Non-Veg Hot Meal Mexican Chicken Corn Crackers 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 NEW Creamy Rice Bake D/L/G/V**

Basmati rice, white **beans**, cauliflower, onion, **peas**, low fat **milk**, water, oat **flour**, **ricotta cheese**, **cheese** nutmeg, pepper

**Non-Veg Hot Meal Chicken Sausage, Mash Potato/Cauliflower And Gravy G/C/M/D/S**

Fresh chicken sausage (chicken-onion powder-garlic-mustard-salt) potato, cauliflower, low fat **milk**, **butter** (blended chicken stock-flour-carrot-onion-mustard-celery)

**Both served with Seasonal Vegetables VE**

### THURSDAY

**Veg Hot Meal Margarita Pizza Fingers G/D/L/C/V**

**Flour**, yeast, salt, sugar, olive oil, **cheese**, (blended **ricotta 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 Beef Loaded Wedges L/C**

Mince Beef, Tomato, **Lentil**, Zucchini, **Celery**, Carrot, Garlic, Onion, Basil, Cinnamon, Olive Oil, Salt, Pepper, Brown Sugar, Oregano, **Kidney Beans**, Potato, Olive Oil, Salt

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

### FRIDAY

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

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

**Non-Veg Hot Meal Teriyaki Chicken Bao Buns G/S**

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