## WEEK 1

Served week: $19^{\text {th }}-23^{\text {rd }}$ Feb $/ 1^{\text {th }}-15^{\text {th }}$ Mar
*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

## Pasta with Tomato Sauce Penne Pasta VE/G with Protein rich red sauce VE/L/C

Whole-wheat pasta, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano
Pasta with Beef Bolognese Penne Pasta VE/G with Beef bolognese sauce L/C
Whole-wheat pasta, minced beef, tomato, carrot, onion, lentil, cinnamon, garlic, basil, olive oil, salt, pepper, Parsley, Oregano, bay leaf

NEW Gluten free pasta VE option for tomato and Bolognese sauce

## MONDAY

## Veg Hot Meal - Butternut risotto V/D

Butternut squash, arborio rice, vegetable stock, garlic, parmesan, olive oil, low fat butter, onion, basil, salt, pepper

Non-Veg Hot Meal - Beef pasta bake G/D/C
Minced beef, tomato, carrot, celery, onion, garlic, basil, olive oil, salt, pepper, parsley, oregano, bay leaf, low fat cheese

- Both served with broccoli \& carrots VE


## WEDNESDAY

Veg Hot Meal - Butter chickpeas VE/L/S
Chickpea, onion, cumin, paprika, garlic, curry powder, turmeric, tomato, lite coconut milk, soy sauce, maple syrup, fresh coriander

## Non-Veg Hot Meal - Butter chicken D

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

- Both served with rice, cauliflower \& broccoli VE


## TUESDAY

## Veg Hot Meal - Macaroni twist V/G/D/M

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

Non-Veg Hot Meal- Chicken teriyaki noodles G/E/L/S Chicken breast, egg noodles, rice noodles, cabbage, capsicum, green beans, carrot, onion, garlic, teriyaki sauce, egg, olive oil

- Both served with green beans VE/L carrots VE


## THURSDAY

## Veg Hot Meal - Grilled halloumi, tomato \& smashed avocado sliders V/G/D

Halloumi, avocado, tomato, lettuce, mini bread roll

## Non-Veg Hot Meal - Crunchy tenders G/E

Chicken breast, egg, wholewheat flour, cornflakes

- Both served with skin on wedges VE

Potato, olive oil, salt, pepper

- Garden peas VE/L and sweetcorn VE


## FRIDAY

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 - BBQ chicken pizza fingers G/D/L/M/S
Chicken, barbeque sauce, flour, salt, yeast, sugar, olive oil, cheese, onion, garlic, tomato, tomato paste, carrot, lentil, oregano, basil

## WEEK 2

## Served week: $26^{\text {th }}$ Feb- $1^{\text {st }}$ Mar $/ 18^{\text {th }}-22^{\text {nd }}$ Mar

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

## SERVED MONDAY-THURSDAY

Pasta with Tomato Sauce Penne Pasta VE/G with Protein rich red sauce VE/L/C
Whole-wheat pasta, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano

## Pasta with Beef Bolognese Penne Pasta VE/G with Beef bolognese sauce L/C

Whole-wheat pasta, minced beef, tomato, carrot, onion, lentil, cinnamon, garlic, basil, olive oil, salt, pepper, Parsley, Oregano, bay leaf

NEW Gluten free pasta VE option for tomato and Bolognese sauce

## MONDAY

Veg Hot Meal - Mixed bean chili (mild) VE/C/L Kidney bean, red lentil, chickpea, mixed capsicum, carrot, courgetti, onion celery, garlic, cumin, coriander, sweet paprika, olive oil, salt, pepper

Non-Veg Hot Meal - Chili con carne (mild) C/L
Lean minced beef, tomato, kidney bean, carrot, lentil, onion celery, garlic, cumin, coriander, paprika, olive oil, salt, pepper

- Both served with rice, corn crackers VE


## WEDNESDAY

Veg Hot Meal - Pumpkin dhal V/D Pitta fingers V/L/D
Butternut, red lentils, mixed roost vegetable, garlic, olive oil, salt, pepper, garam masala, onion, ginger, turmeric, coriander, tomatoes, garlic, natural yogurt

Non-Veg Hot Meal - Chicken tikka masala D
Chicken breast, garlic, olive oil, salt, pepper, masala powder, onion, ginger, tomato paste, garlic, natural yogurt

- Both served with rice, broccoli and cauliflower VE


## TUESDAY

## Veg Hot Meal - Nut free pesto pasta V/G/D

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

## Non-Veg Hot Meal - Sausage mash \& gravy G/C/D

 Chicken sausage, potato, low fat butter, low fat milk, chicken stock, salt, pepper- Both served with peas and carrots VE/L


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

## Non-Veg Hot Meal - Grilled chicken breast burger

 with marinara sauce G/LChicken breast, Italian herbs, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano

- Both served with fresh wedges, sweetcorn VE Peas VE/L
Potato, olive oil, oregano, salt pepper, sweetcorn, garden peas


## FRIDAY

## Veg Hot Meal - Teriyaki tofu bao buns VE/G/S

Bao bun, tofu, teriyaki sauce, ginger, garlic, shredded carrot, shredded cabbage, coriander
Non-Veg Hot Meal - Teriyaki chicken bao buns G/S
Bao bun, chicken breast, teriyaki sauce, ginger, garlic, shredded carrot, shredded cabbage, coriander

# WEEK 3 <br> Served week: $4^{\text {th }} 8^{\text {th }}$ Mar 

*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

## Pasta with Tomato Sauce Penne Pasta VE/G with Protein rich red sauce VE/L/C

Whole-wheat pasta, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano

## Pasta with Beef Bolognese Penne Pasta VE/G with Beef bolognese sauce L/C

Whole-wheat pasta, minced beef, tomato, carrot, onion, garlic, lentil, cinnamon, basil, olive oil, salt, pepper, Parsley, Oregano, bay leaf

NEW Gluten free pasta VE option for tomato and Bolognese sauce

## MONDAY

## Veg Hot Meal - Sweetcorn pasta bake V/G/D/L

Sweetcorn, pasta, tomato, lentil, carrot, onion, oregano, basil, salt, pepper, low fat cheese

## Non-Veg Hot Meal - Chicken shish tawouk D

Chicken breast, low fat natural yogurt, lemon juice, garlic, sweet paprika, seasoning

- Rice VE
- Both served with roasted vegetables VE


## WEDNESDAY

## Veg Hot Meal - Popcorn cauliflower V/G/E

Cauliflower, egg, breadcrumbs, olive oil, seasoning

- katsu curry sauce VE

Ginger onion, vegetable oil, garlic, curry powder, turmeric, tomato, lite coconut milk

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

- Both served with rice \& vegetables VE


## TUESDAY

Veg Hot Meal - Vegetable noodles V/G/E/L/S
Egg noodles, rice noodles, mixed capsicum, cabbage carrot, onion, garlic, ginger, soy sauce, olive oil

## Non-Veg Hot Meal - Chicken fajita

Chicken breast, mixed capsicum, onion, olive oil, lime, ground cumin, garlic powder, paprika, oregano, seasoning

- Rice VE
- Served with with carrots \& broccoli VE
THURSDAY

| Veg Hot Meal - Margarita pizza V/G/D/L |
| :--- |
| Flour, yeast, sugar, olive oil, salt, low fat cheese, |
| onion, garlic, tomato, tomato paste, carrot, lentil, oregano, |
| basil |

$\frac{\text { Non-Veg Hot Meal - 100\% beef burger with lettuce }}{\text { \& tomato G/M }}$
Lean beef mince, mustard, seasoning, bread roll

- Both served with fresh wedges, sweetcorn VE
Peas VE/L
Potato, olive oil, seasoning, sweetcorn, garden peas


## FRIDAY

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

Whole wheat tortilla, rice, avocado, sweetcorn, tomato, cheese, onion, capsicum, paprika, cumin, coriander, kidney beans

## Non-Veg Hot Meal- Chicken burrito D/G/L

Whole wheat tortilla, chicken breast, rice, avocado, sweetcorn, tomato, cheese, onion, capsicum, paprika, cumin, coriander, kidney beans

