



# WEEK 1

Served week: 19<sup>th</sup>–23<sup>rd</sup> Feb / 11<sup>th</sup>–15<sup>th</sup> 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

**Penne Pasta** **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)

**NEW** **Gluten free pasta** **VE** pre-ordered at first break

**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**

### 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**

### 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**

### 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**

### 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<sup>th</sup> Feb-1<sup>st</sup> Mar / 18<sup>th</sup>-22<sup>nd</sup> 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

**Penne Pasta** **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)

**NEW** **Gluten free pasta** **VE** pre-ordered at first break

**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**

#### 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**

#### 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**

#### WEDNESDAY

**Veg Hot Meal – Pumpkin dhal** **V/D** **Pitta fingers** **V/L/D**

Butternut, red lentils, mixed roast 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**

#### 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 – Grilled chicken breast burger with marinara sauce** **G/L**

Chicken 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

Served week: 4<sup>th</sup>–8<sup>th</sup> Mar

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### SERVED MONDAY-THURSDAY

**Penne Pasta** **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)

**NEW** **Gluten free pasta** **VE** pre-ordered at first break

**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**

#### 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**

#### 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**

#### 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**

#### 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

**Non-Veg Hot Meal** – **100% beef burger with lettuce & 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