



WEEK 1 Served Week:

6th–10th Jan/3rd-7th Feb

*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 L/C**

MONDAY

Veg Hot Meal – Egg fried rice V/L/S/E

Rice, egg, pea, carrot onion, ginger, garlic, soy sauce

Non-Veg Hot Meal – Beef burrito D/G/L

Whole wheat tortilla, lean minced beef, rice, avocado, tomato, cheese, onion, capsicum, paprika, cumin, coriander, kidney beans

• **Fresh salsa VE**

Tomato, tomato paste, onion, garlic, carrot, celery, lentil, oregano, basil

TUESDAY

Veg Hot Meal – Vegetable noodles V/G/E/L/S/C

Egg noodles, rice noodles, mixed capsicum, celery, cabbage carrot, onion, garlic, ginger, soy sauce, olive oil

Non-Veg Hot Meal- Chicken teriyaki noodles

G/E/L/S/C

Chicken breast, egg noodles, rice noodles, cabbage, celery capsicum, green beans, carrot, onion, garlic, teriyaki sauce, egg, olive oil

WEDNESDAY

Veg Hot Meal – Butternut tikka masala V/D/L

Butternut squash, carrots, peas, ginger onion, garlic, coriander, cumin garam masala, turmeric, tomato, natural yogurt, olive oil, rice

Non-Veg Hot Meal – Butter chicken D Rice VE

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

• **Both served with broccoli & carrots VE**

THURSDAY

Veg Hot Meal – Margarita pizza fingers V/G/D/L/C

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

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

Chicken mince, egg, lettuce, seasoning, Italian herbs, tomato, lentil, carrot, garlic, onion, olive oil, bread roll

• **Both served with skin on wedges VE**

Potato, olive oil, salt, pepper

• **Garden peas VE/L and sweetcorn VE**

FRIDAY

Veg Hot Meal – Teriyaki mushroom bao buns VE/G/S

Bao bun, mushroom, soy lite, ginger, garlic, shredded carrot, shredded cabbage, coriander

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

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



WEEK 2 Served Week: 13th-17th Jan/10th-14th Feb

*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** **L/C**

MONDAY

Veg Hot Meal – Sweet & sour tofu **VE/S**

Tofu, pineapple, carrot, capsicum, red onion, ginger, garlic, corn flour, lite soy, date syrup, tomato sauce, vinegar

Non-Veg Hot Meal – Chili con carne (mild) **C/L**

Lean minced beef, tomato, kidney bean, mixed bell peppers, carrot, lentil, onion celery, garlic, cumin, coriander, paprika, olive oil, salt, pepper

- **Served with rice, corn crackers & 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 – Glazed chicken

Chicken breast, chicken stock, date syrup, garlic, Italian seasoning, sweet paprika, garlic, olive oil

- **Mash potato** **V/D**

Potato, low fat milk, seasoning

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

WEDNESDAY

Veg Hot Meal – Chickpea curry **VE/L**

Chickpea, onion, cumin, paprika, garlic, curry powder, turmeric, garlic, tomato paste, carrot, lentil

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/C**

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

Non-Veg Hot Meal – Parmesan chicken tenders **G/E/D**

Chicken breast, egg, breadcrumbs, parmesan, seasoning

- **Both served with fresh wedges, sweetcorn** **VE**
- **Peas** **VE/L**

Potato, olive oil, oregano, salt pepper, sweetcorn, garden 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: 20th-24th Jan/17th–21st Feb

*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 **L/C**

MONDAY

Veg Hot Meal – Butternut & spinach lasagna V/G/D/C

Butternut squash, zucchini, tomato, carrot, celery, onion, garlic, basil, olive oil, salt, pepper, parsley, oregano, bay leaf, low fat milk, flour, low fat cheese, pasta sheet

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 – Veggie bake with cheesy mash topping V/D/L

Lentil, onion, celery, carrot, zucchini, pumpkin, rosemary, tomato, vegetable stock, garlic, potato, low fat milk, low fat cheese

Non-Veg Hot Meal – Sausage mash & gravy G/S/D

Chicken sausage, potato, low fat milk, chicken stock, lite soy, pepper

- **Both served with peas and carrots VE/L**

WEDNESDAY

Veg Hot Meal – Teriyaki veggie noodles G/E/L/S

Egg noodles, rice noodles, mixed capsicum, celery, cabbage carrot, onion, teriyaki sauce, garlic, ginger, olive oil

Non-Veg Hot Meal – Butter chicken D Rice VE

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

- **Served with rice & vegetables VE**

THURSDAY

Veg Hot Meal - Margarita pizza V/G/D/L/C

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

Non-Veg Hot Meal – 100% beef burger with lettuce marinara sauce G/E/L/C

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

- **Both served with fresh wedges, sweetcorn VE**

Peas VE/L
Potato, olive oil, seasoning, sweetcorn, garden peas

FRIDAY

Veg Hot Meal – Cheesy garlic herb fingers with marinara dip V/G/D/L/C

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

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

Bao bun, chicken breast, barbeque sauce, ginger, garlic, shredded carrot, shredded cabbage, coriander



WEEK 4 Served Week: 27th-21st Jan/24th-28th Feb

*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** **L/C**

MONDAY

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

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

Non-Veg Hot Meal – Beef meat balls in Moroccan tomato sauce **E**

Beef, egg, cumin, coriander, paprika, turmeric, cinnamon, tomato, onion, garlic, salt, pepper, olive oil

- **Rice** **VE**
- **Both served with broccoli** **VE**

TUESDAY

Veg Hot Meal – Cauliflower cheese gratin **V/G/D**

Cauliflower, flour, low fat cheese, low fat butter, nutmeg, breadcrumbs, seasoning, potato, olive oil

Non-Veg Hot Meal – Roast chicken with gravy

Chicken breast, chicken stock, seasoning, potato, olive oil, seasoning

- **Both served with roast potatoes** **VE**
Potato, olive oil, seasoning
- **broccoli and carrots** **VE**

WEDNESDAY

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

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

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

- **Rice** **VE**
- **Both served with 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 – Chicken hotdog **G**

Fresh chicken sausage, bread roll

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