



## WEEK 1 Served Week:

Aug 25<sup>th</sup>-29<sup>th</sup> / **Sept 22<sup>nd</sup>-26<sup>th</sup>** / Oct 27<sup>th</sup>-31<sup>st</sup> / **Nov 24<sup>th</sup> -28<sup>th</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

#### **NEW 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, tomato, lentil, carrot, celery, garlic, onion, basil, cinnamon, olive oil, salt, pepper, 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**

### MONDAY

#### **Veg Hot Meal Egg fried rice V/L/S/E**

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

#### **Non-Veg Hot Meal NEW Breaded fish fillet F/G with rice VE and teriyaki sauce VE/S**

Breaded fish fillet, basmati rice, garlic, ginger, onion, lite soy

- Both served with sauteed carrots & zucchini **VE**

### TUESDAY

#### **Veg Hot Meal Cheesy broccoli pasta V/G/D**

Broccoli, lemon juice, olive oil, onion, garlic, flour, low fat milk, parmesan, whole-wheat penne

#### **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, avocado, lemon, corn crackers, low fat cheddar cheese

### WEDNESDAY

#### **Veg Hot Meal Veggie noodles G/E/S**

Egg noodles, rice noodles, mixed capsicum, cabbage carrot, onion, ginger, garlic, lite soy

#### **Non-Veg Hot Meal Thai chicken with rice**

Chicken breast, olive oil, ginger, garlic, lemongrass, lemon, zest, coriander, basmati

- Both served with wok veg & mange tout **VE/L**

### 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 G/E/L/C With Marinara sauce L/C**

Chicken breast minced, egg, seasoning, olive oil, bread roll, onion, garlic, tomato, tomato paste, carrot, celery, lentil, oregano, basil

- Both served with skin on wedges **VE**  
Potato, olive oil, salt, pepper
- Garden peas **VE/L** and sweetcorn **VE**

### FRIDAY

#### **Veg Hot Meal French toast (Banana Berry) G/E/D**

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

#### **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:

Sept 1<sup>st</sup>-5<sup>th</sup> / 29<sup>th</sup> – Oct 3<sup>rd</sup> / Nov 3<sup>rd</sup> – 7<sup>th</sup> / Dec 1<sup>st</sup> -5<sup>th</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

#### **NEW** 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, tomato, lentil, carrot, celery, garlic, onion, basil, cinnamon, olive oil, salt, pepper, 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**

### MONDAY

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

*Arborio rice, butternut, vegetable stock, onion, garlic, sage, seasoning, parmesan,*

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

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

- **Served with broccoli and cauliflower** **VE**

### TUESDAY

#### Veg Hot Meal **Macaroni twist** **V/G/D**

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

**Served with carrots** **VE**

#### Non-Veg Hot Meal **Mexican 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, carrot, peas, ginger onion, garlic, coriander, cumin garam masala, turmeric, tomato, natural yogurt*

#### 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 rice, carrots and zucchini** **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 **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, 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:

Sept 8<sup>th</sup>- 12<sup>th</sup> / Oct 6<sup>th</sup> – 10<sup>th</sup> / Nov 10<sup>th</sup> -14<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

#### **NEW 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, tomato, lentil, carrot, celery, garlic, onion, basil, cinnamon, olive oil, salt, pepper, 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**

### MONDAY

#### **Veg Hot Meal Cauliflower gratin V/G/D**

Cauliflower, vegetable stock, onion, potato, low fat milk, garlic, seasoning, breadcrumbs, low fat cheese

#### **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**

### TUESDAY

#### **Veg Hot Meal Mix bean loaded nachos V/D/L**

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

#### **Non-Veg Hot Meal Beef loaded nachos L/D**

Lean beef mince, tomato, kidney bean, mixed bell peppers, carrot, lentil, garlic, cumin, coriander, paprika, olive oil, corn crackers

- **Both served with house-made guacamole, salsa and low-fat cheese VE/D**

Avocado, lemon, tomato, onion, garlic, cumin, coriander, paprika, low fat cheddar cheese

### WEDNESDAY

#### **Veg Hot Meal NEW Vegetable teriyaki rice noodles S**

Rice noodles, cabbage, mixed capsicum, carrot, onion, garlic, teriyaki sauce, egg, olive oil

#### **Non-Veg Hot Meal Chicken teriyaki noodles G/E/S**

breast, egg noodles, rice noodles, cabbage, mixed capsicum, carrot, onion, garlic, teriyaki sauce, olive oil

- **Served with 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 Chicken hotdog G**

Fresh chicken sausage, bread roll

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

**Peas VE/L**

Potato, olive oil, seasoning, sweetcorn, garden peas

### FRIDAY

#### **Veg Hot Meal French toast (Mixed Berries) G/E/D**

Brioche, egg, low fat milk, maple syrup, mixed berries

#### **Non-Veg Hot Meal Sausage, scrambled egg potato rosti, baked beans, grilled tomatoes E/G/D/L**

Fresh chicken sausage, Egg, olive oil, low fat milk, salt, pepper, potato rosti, baked beans, tomato



## WEEK 4 Served Week:

Sept 15<sup>th</sup> – 19<sup>th</sup> / Oct 20<sup>th</sup>- 24<sup>th</sup> / Nov 17<sup>th</sup> -21<sup>st</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

#### **NEW 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, tomato, lentil, carrot, celery, garlic, onion, basil, cinnamon, olive oil, salt, pepper, 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**

### MONDAY

#### **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 shish tawouk D Rice VE**

Chicken breast, natural yogurt, lemon juice, garlic, sweet paprika, salt, pepper, olive oil, basmati rice

- **Both served with broccoli VE**

### TUESDAY

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

Mixed beans, basmati rice, tomato, kidney bean, mixed bell peppers, carrot, lentil, onion celery, garlic, cumin, coriander, paprika, olive oil, low fat cheese, whole-wheat tortilla

#### **Non-Veg Hot Meal Mexican 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

- **broccoli and carrots VE**

### WEDNESDAY

#### **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 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 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 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 NEW Fish fingers in a potato roll with house-made tomato sauce F/G/L/C**

Baked fish fingers, tomato, onion, garlic, lentil, celery, salt, pepper, potato roll