## WEEK 1 <br> Served week: $2^{\text {nd }}-5^{\text {th }}$ Jan/22nd $-26^{\text {th }}$ Jan

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## SERVED MONDAY-THURSDAY

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

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 <br> Whole-wheat pasta, minced beef, tomato, carrot, onion, lentil, cinnamon, garlic, basil, olive oil, salt, pepper, Parsley, Oregano, bay leaf <br> 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 - 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 - Roast chicken in gravy G Chicken breast, chicken stock, flour, seasoning

- Roast potatoes VE

Potato, seasoning, olive oil

- Both served with carrots and cauliflower VE


## WEDNESDAY

## Veg Hot Meal - Butter paneer \& vegetable V/L

Paneer, carrot, pea, ginger onion, garlic, coriander, cumin garam masala, turmeric, tomato, natural yogurt, low fat butter

## 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 \& broccoli VE


## TUESDAY

Veg Hot Meal - Vegetable Paella VE/L
Paella rice, vegetable stock, chickpea, green beans, canned tomato, onion, mixed capsicum, smoked paprika, lemon juice, garlic, olive oil, parsley

Non-Veg Hot Meal- Beef noodles G/E/L/S
Egg noodle, beef strips, rice noodles, cabbage, mixed capsicum, green beans, carrot, onion, garlic, ginger, soy sauce, oyster sauce, olive oil

- Both served with green beans VE/L carrots VE
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## 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

- Skin on wedges VE

Potato, olive oil, salt, pepper

- Garden peas VE/L and sweetcorn VE

Non-Veg Hot Meal - Meatball \& cheese sub G/D/L
Minced beef, onion, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano, low fat cheese, baguette

- Served with crunchy salad in dressing VE


## 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 2

## Served week: $8^{\text {th }}-12^{\text {th }}$ Jan $/ 29^{\text {th }}$ Jan-2 ${ }^{\text {nd }}$ 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<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
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

Whole-wheat pasta, minced beef, tomato, carrot, onion, garlic, lentil, cinnamon, basil, olive oil, salt, pepper, Parsley, Oregano, bay leaf
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 - Macaroni twist V/G/D/M

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

## Non-Veg Hot Meal - Jerk chicken G/S

Chicken breast, lime juice, garlic, thyme, all spice, cinnamon, soy sauce, soft brown sugar, paprika, olive oil

- Jamaican rice \& beans V/L

Rice, vegetable stock, red kidney beans, low fat coconut milk, onion, paprika

- Both served with carrots \& broccoli VE


## WEDNESDAY

## Veg Hot Meal - Butternut tikka masala V/D

Butternut, mixed roost vegetable, garlic, olive oil, salt, pepper, masala powder, onion, ginger, tomato paste, 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 - Sweet \& sour tofu VE/S/M
Tofu, onion, mixed capsicum, pineapple, soy sauce, corn starch, brown sugar, ginger, garlic, olive oil, apple cider vinegar

- Rice VE


## Non-Veg Hot Meal - Mexican beef chili L

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

- Rice and corn crackers VE


Flour, yeast, sugar, olive oil, salt, low fat cheese, onion, garlic, oregano, basil

Non-Veg Hot Meal - Breaded chicken breast burger with marinara sauce $G / L / E$
Chicken breast, egg, breadcrumbs, 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 - 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 3

Served week: $15^{\text {th }}-19^{\text {th }}$ Jan $/ 5^{\text {th }}-9^{\text {th }}$ 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

Pasta with Tomato Sauce Penne Pasta VE/G witn Protein ricn rea sauce VE/L
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

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

## 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 - 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 parmigiana G/D/L
Chicken breast, egg, breadcrumbs, tomato, lentil, courgette, celery, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano, low fat cheese

- Served with mash potato V/D carrots VE green beans VE/L
Potato, low fat milk, seasoning, carrot \& green beans


## 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
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Veg Hot Meal - Spinach \& ricotta cannelloni V/G/D/L Spinach, low fat ricotta, cannelloni tubes, nutmeg, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano, mozzarella
- Sautéed zucchini and carrots VE

Non-Veg Hot Meal - Chicken stroganoff G/S/D Chicken breast, Worcestershire sauce, mushroom, gherkin, low fat butter, salt, pepper, beef stock, garlic, parsley, lite cooking cream

- Rice \& Sautéed zucchini and carrots VE

| THURSDAY |
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| Veg Hot Meal - Margarita pizza V/G/D/L <br> Flour, yeast, sugar, olive oil, salt, low fat cheese, <br> onion, garlic, tomato, tomato paste, carrot, lentil, oregano, <br> basil |
| $\frac{\text { Non-Veg Hot Meal }-100 \% \text { beef burger G/M }}{\text { Lean beef mince, mustard, seasoning, bread roll }}$ |
| - Both served with fresh wedges, sweetcorn VE |
| Peas VE/L <br> Potato, olive oil, seasoning, sweetcorn, garden peas |

## FRIDAY

Veg Hot Meal - Toasted vegetarian breakfast wrap V/G/D/E
Egg, cheese, tomato, seasoning, whole-wheat tortilla wrap

## Non-Veg Hot Meal- Chicken tawook wrap G/D

Arabic bread, chicken breast, low fat yogurt, garlic, lemon juice, paprika, tomato paste, cinnamon, lettuce, seasoning


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