



WEEK 1

Served week: 15th–19th Apr / 13th–17th May / 10th–14th Jun

*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 – Vegetable lasagna **V/G/D/C/L**

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

Non-Veg Hot Meal – Beef cottage pie **D/C/L**

Minced beef, tomato, peas, beef stock, carrot, celery, onion, garlic, lentil, basil, olive oil, salt, pepper, mixed herbs, low fat butter, low fat milk, potato, 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 – Paneer curry **V/L/D**

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, 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 – Breakfast quesadillas x 2 - Mushroom **V/G/D/L/C**

Egg, low fat cheese, mushroom, tomato, lentil, carrot, celery, onion, garlic, basil, olive oil, salt, pepper

Non-Veg Hot Meal – Breakfast quesadillas x 2 - Turkey **G/D/L/C**

Egg, low fat cheese, deli turkey, tomato, lentil, carrot, celery, onion, garlic, basil, olive oil, salt, pepper



WEEK 2

Served week: 22nd-26th Apr / 20th -24th May / 17th-21st Jun

*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 – Cheese & broccoli tart V/G/E/D

Whole-wheat tortilla, egg, low fat cheddar, broccoli, low fat milk, salt, pepper

Roasted root vegetables VE

Potato, carrot, onion, courgetti, mixed herbs, olive oil

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 **VE**

TUESDAY

Veg Hot Meal – Sticky tofu VE/S/L Rice VE

Tofu, hoisin, low sodium soy, garlic ginger, rice

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

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

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

WEDNESDAY

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

Butternut, red lentils, mixed roost vegetable, garlic, olive oil, salt, pepper, garam masala, onion, ginger, turmeric, coriander, tomatoes, garlic, natural yogurt, pitta bread

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 – Grilled chicken breast burger with marinara sauce G/L/C

Chicken breast, Italian herbs, tomato, lentil, celery carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper

- 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/L

Bao bun, tofu, teriyaki sauce, ginger, garlic, shredded carrot, shredded cabbage, coriander

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

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



WEEK 3

Served week: 29th Apr-3rd May / 27th-31st May / 24th-28th Jun

*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/C**

Sweetcorn, pasta, tomato, lentil, carrot, celery, 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/C**

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

Non-Veg Hot Meal – Honey glazed chicken **S/L**

Chicken breast, corn starch, mixed capsicum, onion, honey, garlic, lite soy sauce, lemon juice, apple cider vinegar, vegetable oil

Rice **VE**

- **Served with with carrots & broccoli** **VE**

WEDNESDAY

Veg Hot Meal – Chickpea & spinach curry **VE/L/S**

Chickpea, spinach, onion, cumin, paprika, garlic, curry powder, turmeric, tomato, lite coconut milk, soy sauce, maple syrup, fresh coriander

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/C**

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

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

Lean beef mince, mustard, seasoning, Italian herbs, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, 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



WEEK 4

Served week: 6th-10th May / 3rd-7th Jun / 1st-5th Jul

*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

- Broccoli **VE**

Non-Veg Hot Meal – Chicken tenders **G/E**

Chicken breast, egg, bread, garlic powder, onion powder

- Mash potato **V/D** Gravy **G/CD/S**

Potato, low fat milk, low fat butter, seasoning, lite soy sauce, chicken stock

- Broccoli **VE**

TUESDAY

Veg Hot Meal – Gnocchi in tomato mozzarella & basil sauce **V/G/D**

Potato, flour, tomato, onion, red pepper, garlic, basil, bay leaf, maple syrup, lite soy sauce, mozzarella

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 – 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 – Coconut chicken curry (mild)

Chicken breast, lite coconut milk, ginger, garlic, onion, vegetable oil, curry powder, turmeric, tomato

- 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 – 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 – Vegetable spring rolls with sweet chili sauce **G/S/L**

Filo pasty, cabbage, carrot, green bean, mix capsicum, seasoning, sweet chili sauce

Non-Veg Hot Meal – Chicken dumpling **G/S/L**

Chicken, flour, carrot, onion, ginger paste, lite soy sauce, seasoning