



# WEEK 1

Served week: 15<sup>th</sup>–19<sup>th</sup> Apr / 13<sup>th</sup>–17<sup>th</sup> May / 10<sup>th</sup>–14<sup>th</sup> 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

**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 – Vegetable lasagna V/G/D/C/L**

*Butternut, courgette, tomato, carrot, letil, 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 – Beef cottage pie D/C/L**

*Minced beef, tomato, peas, beef stock, carrot, celery, onion, garlic, basil, olive oil, salt, pepper, mixed herbs, bay leaf, 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
- 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, 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, carrot, celery, onion, garlic, basil, olive oil, salt, pepper*



## WEEK 2

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

**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 – 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, salt, pepper, lite soy sauce

- 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

**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, celery, carrot, lentil, oregano, basil

**Non-Veg Hot Meal – Grilled chicken breast burger with marinara sauce** **G/L/C**

Chicken breast, Italian herbs, tomato, lentil, 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: 29<sup>th</sup> Apr-3<sup>rd</sup> May / 27<sup>th</sup>-31<sup>st</sup> May / 24<sup>th</sup>-28<sup>th</sup> 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

**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 – Sweetcorn pasta bake V/G/D/L/C**

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

Egg noodles, rice noodles, mixed capsicum, cabbage carrot, onion, celery, 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, lite 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, celery onion, garlic, tomato, tomato 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: 6<sup>th</sup>-10<sup>th</sup> May / 3<sup>rd</sup>-7<sup>th</sup> Jun / 1<sup>st</sup>-5<sup>th</sup> 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

**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, 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/C/S**

*Potato, low fat milk, low fat butter, seasoning, soy, chicken stock*

- **Broccoli** **VE**

### TUESDAY

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

*Potato, flour, tomato, onion, red pepper, garlic, basil, bay leaf, maple syrup, soy, 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*