



# WEEK 1 Served Week:

6<sup>th</sup>–10<sup>th</sup> Jan/3<sup>rd</sup>-7<sup>th</sup> 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: 13<sup>th</sup>-17<sup>th</sup> Jan/10<sup>th</sup>-14<sup>th</sup> 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: 20<sup>th</sup>-24<sup>th</sup> Jan/17<sup>th</sup>–21<sup>st</sup> 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: 27<sup>th</sup>-21<sup>st</sup> Jan/24<sup>th</sup>-28<sup>th</sup> Feb

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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

**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*