



# WEEK 1 Served Week: 7<sup>th</sup>-11<sup>th</sup> Apr /5<sup>th</sup>-9<sup>th</sup> May/2<sup>nd</sup>-6<sup>th</sup> June

\*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)*

**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** **Thai veggie noodles G/E/C**

*Egg noodles, rice noodles, mixed capsicum, celery, cabbage carrot, onion, ginger, garlic, lemongrass, lemon, zest, coriander*

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

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

- Both served with sauteed carrots & zucchini VE

### TUESDAY

**Veg Hot Meal NEW** **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 NEW** **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** **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 stir fries vegetables 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 NEW** **Glazed chicken tenders**

*Chicken breast, chicken stock, date syrup, garlic, Italian seasoning, sweet paprika, garlic, olive oil*

- Both served with skin on wedges VE
- Garden peas VE/L and sweetcorn VE

### FRIDAY

**Veg Hot Meal NEW** **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:

## 14<sup>th</sup>-18<sup>th</sup> Apr / 12<sup>th</sup>-16<sup>th</sup> May / 9<sup>th</sup> – 13<sup>th</sup> June

\*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)

**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, lite soy

**Non-Veg Hot Meal** **Chili con carne (mild)** **C/L** **Rice**

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

- Served with broccoli and cauliflower **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** **NEW** **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

- Both served with cauliflower 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** **NEW** **Chicken broccoli penne** **D**

Chicken breast, broccoli, lemon juice, onion, garlic, flour, low fat milk, olive oil, parmesan, salt, pepper, whole-wheat pasta

- Both served with 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** **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** **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:

21<sup>st</sup> -25<sup>th</sup> Apr/ 19<sup>th</sup>–23<sup>rd</sup> May/16<sup>th</sup>–20<sup>th</sup> June

\*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)

**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** 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** **NEW** Mix bean loaded nachos **V/D/L**

Mixed beans, sweetcorn, tomato, mixed bell peppers, carrot, onion, garlic, cumin, coriander, paprika, olive oil, salt, pepper, avocado, lemon, corn crackers, low fat cheddar 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** **NEW** Vegetable teriyaki rice noodles **L/S/C**

Rice noodles, cabbage, capsicum, green beans, celery, carrot, onion, garlic, teriyaki sauce, egg, olive oil

**Non-Veg Hot Meal** Chicken teriyaki noodles

**G/E/L/S/C**

breast, egg noodles, rice noodles, cabbage, capsicum, green beans, celery, carrot, onion, garlic, teriyaki sauce, egg, 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** 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** **NEW** 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/M/L**

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



# WEEK 4 Served Week:

Apr 28<sup>th</sup>-2<sup>nd</sup> May /26<sup>th</sup>-30<sup>th</sup> May /23<sup>rd</sup>-27<sup>th</sup> June

\*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)

**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** **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** **Beef meat balls in Moroccan tomato sauce** **E**

Beef, egg, cumin, coriander, paprika, turmeric, cinnamon, tomato, onion, garlic, salt, pepper, olive oil

- **Both served with rice broccoli** **VE**

### TUESDAY

**Veg Hot Meal** **NEW** **Mexican rice with salsa**

Rice, onion, garlic, passata, mixed beans, cumin, smoked paprika, coriander, tomato, lemon juice

**Non-Veg Hot Meal** **NEW** **Chicken loaded nachos** **L/D**

Chicken breast, tomato, kidney bean, mixed bell peppers, carrot, onion, garlic, cumin, coriander, paprika, olive oil, salt, pepper, avocado, lemon, corn crackers, low fat cheddar cheese

- **broccoli and carrots** **VE**

### WEDNESDAY

**Veg Hot Meal** **Sweet potato curry**

Sweet potato, butternut, carrot, tomato, onion masala, lemongrass, lemon, 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

- **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** **NEW** **Egg and tomato sauce rice pot** **V/E/C/L**

Rice, egg, tomato, onion, garlic, lentil, celery, low fat cheddar cheese, salt, pepper

**Non-Veg Hot Meal** **NEW** **Turkey, egg tomato sauce rice pot** **E/C/L**

Rice, deli turkey, egg, tomato, onion, garlic, lentil, celery, low fat cheddar cheese, salt, pepper