

MONDAY

Pasta & Meatballs^(EF)

Dietary Alternatives:
Gluten free pasta (GF), kumara & quinoa amazeballs (GF,DF,V,VE),
vegan cheese (DF,VE)

Snack: Yoghurt

Snack Dietary Alternatives:
Fruit salad cup (DF,VE)



TUESDAY

Chicken Salad Wrap

Dietary Alternatives:
Gluten free tortilla (GF), roast shredded chicken (GF,DF,Halal),
smashed chickpeas (V,VE), vegan cheese (DF,VE)

Snack: Corn chips, carrot sticks*fruit

Snack Dietary Alternatives:
None

WEDNESDAY

Nachos

Dietary Alternatives:
Chilli bean mix (V,VE), vegan cheese (DF,VE)

Snack: ANZAC cookie

Snack Dietary Alternatives:
Kea cookie (GF,VE)



THURSDAY

Cheese Salad Sandwich and Corn Patty

Dietary Alternatives:
Gluten free bread (GF),
vegan cheese (DF,VE), vegan mayonnaise (EF,VE)

Snack: Seasonal fruit or apple spice muffin

Snack Dietary Alternatives:
If muffin is served – kea cookie (GF,DF,EF,VE)

FRIDAY

Pork Noodles

Dietary Alternatives:
Vegetable stock (V,Halal,VE)

Snack: Seasonal fruit or apple spice muffin

Snack Dietary Alternatives:
If muffin is served – kea cookie (GF,DF,EF,VE)

Key: (V) Vegetarian. (GF) Gluten Free. (DF) Dairy Free. (EF) Egg Free. (H) Halal. (NB) No Beef. (NP) No Pork. *Senior students additional item.

Meals will be prepared to cater for children with specific allergies or cultural requirements. If you need these options please make the school aware two weeks in advance. Meals are prepared in a non-allergen controlled environment. If you have low tolerance towards certain allergens please notify the school immediately. Items may vary subject to supply.