

## MONDAY

### Cottage Pie

*Savoury mince with veggies and lentils topped with mashed potato & served with mixed veggies.*

**Dietary Alternatives:**  
V, NB, VE: Gardeners pie with beans, lentils & veggies. DF, VE: DF mashed potato.

### Snack: Cassava Chips

**Snack Dietary Alternatives:**  
Trail mix, chickpeas or popcorn.

## TUESDAY

### Pizza

*Yummy pizza base with pizza sauce, ham & cheese served with carrot sticks and corn chips.*

**Dietary Alternatives:**  
V, VE: Falafel. H, NP, SF: Chicken. GF: GF pasta. DF, VE: Vegan cheese, falafel, trail mix.

### Snack: Brownie + Years 9 to 13: Seasonal Fruit

**Snack Dietary Alternatives:**  
Trail mix, chickpeas or popcorn.

## WEDNESDAY

### Butter Chicken

*Butter chicken sauce with chicken, chickpeas and veggies served with rice.*

**Dietary Alternatives:**  
V, VE: Butter chickpeas with brown rice.

### Snack: Cookie

**Snack Dietary Alternatives:**  
Trail mix, chickpeas or popcorn.

## THURSDAY

### Sandwich Meal

*Wholemeal bread with ham, cheese and salad. Served with carrot sticks and yoghurt.*

**Dietary Alternatives:**  
GF: GF bread. V: Cheese salad sandwich and falafel. H, NP, SF: Chicken salad sandwich. VE: Hummus salad sandwich. SF: SF bread. EF, VE: Vegan mayo.

### Snack: Yoghurt + Years 9 to 13: Seasonal Fruit

**Snack Dietary Alternatives:**  
Trail mix.

## FRIDAY

### Pasta Meatballs

*Pasta with vegful tomato sauce and meatballs with cheese and peas.*

**Dietary Alternatives:**  
V, GF, DF, H, NB, VE, SF: Beetroot, quinoa amazeballs. GF: GF pasta. DF, VE: Vegan cheese.

### Snack: Popcorn

**Snack Dietary Alternatives:**  
None.

**Key:** (V) Vegetarian. (GF) Gluten Free. (DF) Dairy Free. (EF) Egg Free. (H) Halal. (NB) No Beef. (NP) No Pork. (SF) Soy Free.

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.