

## MONDAY

### Cauliflower and Chipotle Tacos<sup>(V,DF,EF)</sup>

Cauliflower bites, lettuce, rainbow slaw, mayonnaise and chipotle sauce in a wholemeal tortilla wrap

**Snack:** Fresh apple slices

**GF:** GF tortilla



## TUESDAY

### Chicken Nacho Bowl<sup>(GF)</sup>

Shredded chicken, lettuce, cheese, sour cream, chipotle sauce, tomato salsa and corn chips

**Snack:** Orange slices

**V:** Peking tofu  
**DF:** Deli mayo, vegan cheese

## WEDNESDAY

### Ham and Egg Sandwich

Ham, egg, lettuce, and mayonnaise in between slices of Oatlicious bread

**Snack:** Fruit yoghurt

**V:** Extra egg  
**GF:** GF bread  
**EF:** Vegan mayo

**DF snack:** Orange wedges

## THURSDAY

### Crispy Chicken Roll

A crispy chicken tender, lettuce, grated carrot, cucumber and mayonnaise in an Oatlicious long roll

**Snack:** Fresh apple slices

**V:** Kumara rosti  
**GF:** GF bread, shredded chicken  
**DF:** Shredded chicken  
**EF:** Vegan mayo



## FRIDAY

### Beef Wrap

Beef bites, lettuce, grated carrot, cheese and burger sauce in a wholemeal wrap

**Snack:** Pretzels

**V:** Kumara rosti  
**GF:** GF wrap, roast beef  
**DF:** Roast beef, vegan cheese

**GF snack:** GF cookie

V-Vegetarian. GF-Gluten Free. DF-Dairy Free. EF-Egg Free. Meals will be prepared to cater for children with specific allergies or cultural requirements. If you need gluten free, vegetarian or dairy free 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.