

MONDAY

Crispy Chicken Salad

Shredded chicken, lettuce, grated carrot, cucumber, crispy noodles and mayonnaise

Snack: Blueberry muffin

V: Broccoli bites

GF: Kumara rosti

GF/DF snack: GF/DF cookie



TUESDAY

Hummus Wrap^(V,DF)

Hummus, lettuce, grated carrot, cucumber and ranch dressing in a wholegrain wrap

Snack: Fruit yoghurt

GF: GF tortilla

DF snack: Orange slices

WEDNESDAY

Pulled Pork Taco^(DF)

Pulled pork, lettuce, grated carrot, cucumber, mayonnaise and korean BBQ sauce in a wholemeal tortilla wrap

Snack: Fresh apple

V: Kumara rosti

GF: GF wrap

THURSDAY

Beef & Cheese Sandwich

Roast beef, cheese, lettuce and onion relish in between slices of Oatlicious bread

Snack: Orange wedges

V: Crumbled falafel

H: Shredded chicken

GF: GF bread

DF: No cheese



FRIDAY

Coronation Chicken Roll^(DF)

Shredded chicken, garden mix, grated carrot, cucumber and aioli in an Oatlicious long roll

Snack: Pear

V: Kumara rosti

GF: GF bread

V-Vegetarian. GF-Gluten Free. DF-Dairy Free. H-Halal. 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.