

## MONDAY

### Meatloaf, Mashed Potato & Vegetables

Savoury mince meatloaf,  
mashed potato and vegetables.

**Dietary Alternatives:**  
V, NB: Vegetable cottage pie  
DF, VE: Potato wedges  
VE: Savoury lentils

#### Snack: Cookie

**Snack Dietary Alternatives:**  
GF: Blissbites



## TUESDAY

### Pizza Roll Up & Salad

Wholemeal wrap, pizza sauce,  
cheese & pizza ham (baked)  
with salad.

**Dietary Alternatives:**  
V, VE: Mushroom chickpea filling  
H, NP: Chicken filling  
DF, VE: Vegan cheese  
GF: GF tortilla

#### Snack: Fruity Yoghurt\*Cookie

**Snack Dietary Alternatives:**  
VE, DF: Fruit salad or mixed nuts  
\*Blissbites

## WEDNESDAY

### Chicken Stew with Potato Wedges

Chicken, corn and veggies stew  
with potato wedges.

**Dietary Alternatives:**  
V, VE: White beans and vegetable  
sauce

#### Snack: Pikelet

**Snack Dietary Alternatives:**  
GF: GF cracker or Blissbites  
DF, EF, VE: Cracker or Blissbites

## THURSDAY

### Bacon Lettuce Sandwich

Wholemeal bread, bacon,  
lettuce, tomato relish, cheese &  
mayo with potato salad.

**Dietary Alternatives:**  
GF: GF bread  
H, NP: Sliced chicken  
V, VE: Black bean patty  
DF, VE: Vegan cheese  
EF, VE: Vegan mayo  
DF, VE: Corn & beans

#### Snack: Cookie

**Snack Dietary Alternatives:**  
GF, DF, EF, VE: Corn chips

## FRIDAY

### Pasta & Meatballs

White and wholemeal pasta,  
tomato based pasta sauce,  
meatballs, cheese and peas.

**Dietary Alternatives:**  
GF: GF pasta  
V, GF, DF, VE: Kumara quinoa  
Amazeballs  
H, NB: Lamb meatballs, or  
Amazeballs  
DF, VE: Vegan cheese

#### Snack: Seasonal Fruit

**Snack Dietary Alternatives:**  
None

**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.

**Happy Holidays!**