

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28 VEGETARIAN MEAL Spinach, mix veggies & cheese DAIRY FREE MEAL Tomato base chicken pasta bake GLUTEN FREE MEAL GF pasta Creamy chicken bake	29 VEGETARIAN MEAL Lentils and beans with mix veggies on rice DAIRY FREE MEAL Same as above GLUTEN FREE MEAL Same as above	30 VEGETARIAN MEAL Falafel with mix veggies & grated cheese DAIRY FREE MEAL Tandoori Chicken sandwich W/ fresh vegetables, no cheese GLUTEN FREE MEAL GF bread Tandoori Chicken sandwich w/ fresh vegetables

Allergen Statement

We prepare meals to accommodate students with specific dietary needs, including ethical, religious, medical, allergy, and intolerance-related requirements. These meals will be clearly labelled and can be requested through your school.

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If your child has anaphylaxis or a known severe allergy, please inform your school so we can ensure appropriate handling.

Our kitchen works with a wide variety of ingredients, including Gluten, Wheat, Milk/Dairy, Egg, Soy, Fish, Shellfish, Tree Nuts, Peanuts, Sesame, Sulphites, and Lupin.

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Although we have a comprehensive allergen management plan and follow strict procedures to minimise cross-contamination, we cannot guarantee that any meal is completely free from trace amounts of allergens.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 VEGETARIAN MEAL Katsu Plant based Chicken w/ beans & miso mayo DAIRY FREE MEAL Katsu Chicken w/ beans & miso mayo GLUTEN FREE MEAL GF Katsu Chicken w/ beans & miso mayo</p>	<p>3 VEGETARIAN MEAL Plant based beef Nachos w/ vegetables DAIRY FREE MEAL Beef Nachos GLUTEN FREE MEAL GF – Beef Nachos</p>	<p>4 VEGETARIAN MEAL Plant based Chicken Crumbed w/ fresh salad & sauce DAIRY FREE MEAL Chicken Burger with slaw GLUTEN FREE MEAL GF Chicken Burger with slaw</p>	<p>5 VEGETARIAN MEAL Plant based Beef Lasagna w/ vegetables DAIRY FREE MEAL Beef Pasta w/ vegetables on rich tomato sauce no cream or cheese GLUTEN FREE MEAL Beef Lasagna w/ Vegetables</p>	<p>6 VEGETARIAN MEAL Coconut Curry Tofu on Basmati Rice & vegetables DAIRY FREE MEAL Coconut Curry Chicken on Basmati Rice and vegetables no cream GLUTEN FREE MEAL Coconut Curry Chicken on Basmati Rice</p>
<p>9 VEGETARIAN MEAL Plant base Beef Bolognese w/ vegetables Pasta & Cheese DAIRY FREE MEAL DF based Beef Bolognese w/ veges Pasta & NO CHEESE rich tomato sauce GLUTEN FREE MEAL GF Beef Bolognese w/ vegetables on GF Pasta & Cheese</p>	<p>10 VEGETARIAN MEAL StirFry Tofu Rice Bowl DAIRY FREE MEAL StirFry Beef Rice Bowl GLUTEN FREE MEAL StirFry Beef Rice Bowl</p>	<p>11 VEGETARIAN MEAL Vegetables Pesto Pasta with Cheese DAIRY FREE MEAL Chicken Pesto Pasta w/ vegetables no cheese, just DF pesto GLUTEN FREE MEAL Chicken Pesto GF Pasta w/ vegetables</p>	<p>12 VEGETARIAN MEAL Pulled Tofu BBQ burger with slaw DAIRY FREE MEAL Pulled pork BBQ burger with slaw GLUTEN FREE MEAL Pulled pork BBQ GF burger with slaw HALAL MEAL Pulled Chicken BBQ burger with slaw</p>	<p>13 VEGETARIAN MEAL Cauliflower Crumb on potato mash with veggies DAIRY FREE MEAL Fish Crumb on potato mash with veggies GLUTEN FREE MEAL Fish on potato mash w/ veggies Rice Bowl</p>
<p>16 VEGETARIAN MEAL Butter Paneer on Basmati Rice with Vegetables DAIRY FREE MEAL Butter Tofu on Basmati Rice with Vegetables No Cream with Coconut GLUTEN FREE MEAL GF Butter Chicken on Basmati Rice with Vegetables</p>	<p>17 VEGETARIAN MEAL Potato top Tofu Pie with veggies DAIRY FREE MEAL Potato top Fish Pie with veggies No Cream with Coconut GLUTEN FREE MEAL Potato top Fish Pie with veggies</p>	<p>18 VEGETARIAN MEAL Plant based Chicken Mac n Cheese with corn & peppers DAIRY FREE MEAL Chicken Tomato and pasta with corn & peppers GLUTEN FREE MEAL GF Chicken Tomato and GF pasta with corn & peppers</p>	<p>19 VEGETARIAN MEAL Plant based Chicken Parmigiana with Rice & veggies DAIRY FREE MEAL Chicken Parmigiana with Rice & veggies no cream no cheese GLUTEN FREE MEAL Chicken Parmigiana w/ Rice & Veges</p>	<p>20 VEGETARIAN MEAL Plant based Spaghetti Bolognese with spinach DAIRY FREE MEAL Spaghetti Bolognese with spinach GLUTEN FREE MEAL GF Spaghetti Bolognese with spinach</p>
<p>23 VEGETARIAN MEAL StirFry Tofu Rice Bowl DAIRY FREE MEAL StirFry Chicken Rice Bowl GLUTEN FREE MEAL StirFry Chicken Rice Bowl</p>	<p>24 VEGETARIAN MEAL Pulled Tofu BBQ burger with slaw DAIRY FREE MEAL Pulled pork BBQ burger with slaw GLUTEN FREE MEAL Pulled pork BBQ GF burger HALAL MEAL Pulled Chicken BBQ burger with slaw</p>	<p>25 VEGETARIAN MEAL Lentils and beans with mix veggies on rice DAIRY FREE MEAL Same as above GLUTEN FREE MEAL Same as above</p>	<p>26 VEGETARIAN MEAL Plant based Beef Lasagna with vegetables DAIRY FREE MEAL Beef Pasta with vegetables on rich tomato sauce no cream or cheese GLUTEN FREE MEAL GF Beef Lasagna with vegetables</p>	<p>27 VEGETARIAN MEAL Plant based Beef Bolognese w/ vegetables Pasta & Cheese DAIRY FREE MEAL Beef Bolognese with vegetables Pasta & NO CHEESE rich tomato sauce no cream or cheese GLUTEN FREE MEAL GF Beef Bolognese w/ vegetables on GF Pasta & Cheese</p>

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<p>2 VEGETARIAN MEAL Katsu Plant based Chicken w/ beans & miso mayo DAIRY FREE MEAL Katsu Chicken w/ beans & miso mayo GLUTEN FREE MEAL GF Katsu Chicken w/ beans & miso mayo</p>	<p>3 VEGETARIAN MEAL Pulled Tofu BBQ burger with slaw DAIRY FREE MEAL Pulled pork BBQ burger with slaw GLUTEN FREE MEAL Pulled pork BBQ GF burger HALAL MEAL Pulled Chicken BBQ burger with slaw</p>	<p>4 VEGETARIAN MEAL Falafel with mix veggies & grated cheese DAIRY FREE MEAL Tandoori Chicken Wrap with fresh vegetables no cheese GLUTEN FREE MEAL GF Wrap Tandoori Chicken w/ fresh vegetables</p>	<p>5 VEGETARIAN MEAL Plant based Beef Bolognese with vegetables and Mash DAIRY FREE MEAL DF based Beef Bolognese w/ vegetables Pasta and rich tomato sauce no cream or cheese GLUTEN FREE MEAL GF Beef Stew with mash potato</p>	<p>6 VEGETARIAN MEAL Falafel on noodles with vegetables DAIRY FREE MEAL Tandoori Chicken on noodles with vegetables no cheese GLUTEN FREE MEAL Tandoori Chicken on noodles w/ vegetables</p>
<p>9 VEGETARIAN MEAL Plant based Beef Bolognese w/ veges Pasta & Cheese DAIRY FREE MEAL DF based Beef Bolognese w/ veges Pasta & NO CHEESE rich tomato sauce GLUTEN FREE MEAL Beef Bolognese w/ veges on GF Pasta & Cheese</p>	<p>10 VEGETARIAN MEAL Fried Tofu Fish Burger w/tartar sauce and salad DAIRY FREE MEAL Crumbed Fish Burger w/ tartar sauce and salad BBQ Sauce Fish GF bread Burger with tartar sauce and salad</p>	<p>11 VEGETARIAN MEAL Vegetables Pesto Pasta with Cheese DAIRY FREE MEAL Chicken Pesto Pasta with vegetables no cheese, just DF pesto GLUTEN FREE MEAL Chicken Pesto GF Pasta with vegetables</p>	<p>12 VEGETARIAN MEAL Lentils and beans with mix veggies on rice DAIRY FREE MEAL Same as above GLUTEN FREE MEAL Same as above</p>	<p>13 VEGETARIAN MEAL Coconut Curry Tofu on Basmati Rice & vegetables DAIRY FREE MEAL Coconut Curry Chicken on Basmati Rice and vegetables no cream GLUTEN FREE MEAL Coconut Curry Chicken on Basmati Rice</p>
<p>16 VEGETARIAN MEAL Creamy Tofu on Basmati Rice & veges DAIRY FREE MEAL Coconut Chicken on Basmati Rice and vegetables no cream GLUTEN FREE MEAL Coconut Chicken on Basmati Rice and vegetables</p>	<p>17 VEGETARIAN MEAL Vegetarian Loaf with Rice vegetables & sauce DAIRY FREE MEAL Meatloaf on Rice with vegetables and sauce rich tomato sauce no cream or cheese GLUTEN FREE MEAL Beef Bolognese W/ veges on GF Pasta & Cheese</p>	<p>18 VEGETARIAN MEAL Plant based Chicken Mac n Cheese with corn & peppers DAIRY FREE MEAL Chicken Tomato and pasta with corn & peppers GLUTEN FREE MEAL Chicken Tomato and GF pasta with corn & peppers</p>	<p>19 VEGETARIAN MEAL Butter Paneer on Basmati Rice with Vegetables DAIRY FREE MEAL Butter Tofu on Basmati Rice with Vegetables No Cream with Coconut GLUTEN FREE MEAL GF Butter Chicken on Basmati Rice with Vegetables</p>	<p>20 VEGETARIAN MEAL Potato top Tofu Pie with veggies DAIRY FREE MEAL Chicken Potato Top Pie with veggies No Cream with Coconut GLUTEN FREE MEAL GF - Potato top Fish Pie with veges</p>
<p>23 VEGETARIAN MEAL StirFry soy honey Tofu Rice Bowl DAIRY FREE MEAL Fried rice with Honey Soy Chicken & veges GLUTEN FREE MEAL Fried rice with Honey Soy Chicken & veges</p>	<p>24 VEGETARIAN MEAL Falafel w/ mix veggies & grated cheese DAIRY FREE MEAL Beef Wrap with vegetables no cheese GLUTEN FREE MEAL GF Beef Wrap with vegetables</p>	<p>25 VEGETARIAN MEAL Paneer Biryani on Basmati Rice w/ Vegetables DAIRY FREE MEAL Chicken Biryani w/ rice & vegetables with Coconut GLUTEN FREE MEAL GF Chicken Biryani w/ rice & vegetables</p>	<p>26 VEGETARIAN MEAL Pulled Tofu BBQ burger with slaw DAIRY FREE MEAL Pulled pork BBQ burger with slaw GLUTEN FREE MEAL Pulled pork BBQ GF burger HALAL MEAL Pulled Chicken BBQ burger with slaw</p>	<p>27 VEGETARIAN MEAL Plant based Spaghetti Bolognese with spinach DAIRY FREE MEAL Spaghetti Bolognese with spinach GLUTEN FREE MEAL GF Spaghetti Bolognese with spinach</p>
<p>30 VEGETARIAN MEAL Cauliflower Roast with hummus on Rice with veggies DAIRY FREE MEAL Crumbed fish on rice with veggies GLUTEN FREE MEAL Tuna fish on rice with veggies</p>	<p>31 VEGETARIAN MEAL Katsu Plant based Chicken w/ beans & miso mayo DAIRY FREE MEAL Katsu Chicken w/ beans & miso mayo GLUTEN FREE MEAL GF Katsu Chicken w/ beans & miso mayo</p>			

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		1 VEGETARIAN MEAL Plant based beef Nachos w/ vegetables DAIRY FREE MEAL Beef Nachos GLUTEN FREE MEAL GF – Beef Nachos	2 VEGETARIAN MEAL Sweet & sour Paneer on Rice w/ Veges DAIRY FREE MEAL Sweet & Sour Chicken w/ veges on Rice GLUTEN FREE MEAL GF Sweet & Sour Chicken w/ veges on Rice	3 VEGETARIAN MEAL Coconut Curry Tofu on Basmati Rice & vegetables DAIRY FREE MEAL Coconut Curry Lamb on Basmati Rice and vegetables no cream GLUTEN FREE MEAL Coconut Curry Lamb on Basmati Rice and vegetables
6 VEGETARIAN MEAL Spinach, mix veggies and cheese DAIRY FREE MEAL Tomato base chicken pasta bake GLUTEN FREE MEAL GF pasta Creamy chicken bake	7 VEGETARIAN MEAL Potato Tofu Top pie with veggies & grated cheese DAIRY FREE MEAL Beef Mince Potato Top pie with veggies & grated cheese with tomato GLUTEN FREE MEAL Beef Mince Potato Top pie with veges & grated cheese	8 VEGETARIAN MEAL Cauliflower Crumb on potato mash with veges DAIRY FREE MEAL Fish Crumb on potato mash with veges GLUTEN FREE MEAL GF Fish on potato mash with Veges	9 VEGETARIAN MEAL Plant based BBQ burger with fresh salad & sauce DAIRY FREE MEAL Pulled Beef Burger with fresh salad & sauce GLUTEN FREE MEAL Pulled Beef Burger with fresh salad & BBQ sauce	10 VEGETARIAN MEAL Panneer Biryani on Basmati Rice w/ Veges DAIRY FREE MENU Chicken Biryani with rice & vegetables with Coconut GLUTEN FREE MENU GF Chicken Biryani with rice & vegetables
13 SCHOOL HOLIDAYS	14 SCHOOL HOLIDAYS	15 SCHOOL HOLIDAYS	16 SCHOOL HOLIDAYS	17 SCHOOL HOLIDAYS
20 SCHOOL HOLIDAYS	21 SCHOOL HOLIDAYS	22 SCHOOL HOLIDAYS	23 SCHOOL HOLIDAYS	24 SCHOOL HOLIDAYS
27 VEGETARIAN MEAL Coconut Curry Tofu on Basmati Rice and vegetables DAIRY FREE MEAL Lamb curry on Rice with veggies & no cream GLUTEN FREE MEAL Lamb curry on Rice with veggies & yoghurt dip	28 VEGETARIAN MEAL Plant based Chicken Mac n Cheese with corn & peppers DAIRY FREE MEAL Chicken Tomato and pasta with corn & peppers GLUTEN FREE MEAL GF Chicken Tomato and GF pasta with corn & peppers	29 VEGETARIAN MEAL Falafel with mix Salad and grated cheese DAIRY FREE MEAL Chicken Pesto Sandwich with mix Salad no cheese, no cream. GLUTEN FREE MEAL GF bread Chicken Pesto Sandwich with mix Salad	30 VEGETARIAN MEAL Plant based Beef Ragù with vegetables and Mash DAIRY FREE MEAL DF Beef Ragù with vegetables Pasta & rich tomato sauce no cream or cheese GLUTEN FREE MEAL GF – Beef Ragù on Mash with vegetables	<u>1ST MAY</u> VEGETARIAN MEAL Pulled Tofu BBQ burger with slaw DAIRY FREE MEAL Pulled pork BBQ burger with slaw GLUTEN FREE MEAL Pulled pork BBQ GF burger HALAL MEAL Pulled Chicken BBQ burger with slaw

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