

\*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 <b>VEGETARIAN MEAL</b><br>Spinach, mix veggies & cheese<br><b>DAIRY FREE MEAL</b><br>Tomato base chicken pasta bake<br><b>GLUTEN FREE MEAL</b><br>GF pasta Creamy chicken bake | 29 <b>VEGETARIAN MEAL</b><br>Lentils and beans with mix veggies on rice<br><b>DAIRY FREE MEAL</b><br>Same as above<br><b>GLUTEN FREE MEAL</b><br>Same as above | 30 <b>VEGETARIAN MEAL</b><br>Falafel with mix veggies & grated cheese<br><b>DAIRY FREE MEAL</b><br>Tandoori Chicken sandwich w/ fresh vegetables, no cheese<br><b>GLUTEN FREE MEAL</b><br>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.

Please note that this service does not cover general food preferences or non-medical dislikes.

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

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

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

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