

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Standard Meal Beef Nachos with corn chips & grated cheese	2 TERM 1 END Standard Meal Sweet & Sour Chicken with vegetables on Rice	3 GOOD FRIDAY PUBLIC HOLIDAY
6 EASTER MONDAY SCHOOL HOLIDAY	7 SCHOOL HOLIDAYS	8 SCHOOL HOLIDAYS	9 SCHOOL HOLIDAYS	10 SCHOOL HOLIDAYS
13 SCHOOL HOLIDAYS	14 SCHOOL HOLIDAYS	15 SCHOOL HOLIDAYS	16 SCHOOL HOLIDAYS	17 SCHOOL HOLIDAYS
20 TERM 2 START Standard Meal Butter Chicken on Basmati Rice with Vegetables	21 Standard Meal Creamy Chicken spinach & pea pasta bake	22 Standard Meal Beef Mince Potato Top pie with vegetables & grated cheese	23 Standard Meal Crumbed Fish on Rice & vegetables w tartare sauce	24 Standard Meal Beef Burger with fresh salad & sauce
27 ANZAC DAY PUBLIC HOLIDAY	28 Standard Meal Chicken Biryani with Rice & vegetables	29 Standard Meal Mexican beef mince on Rice with vegetables	30 Standard Meal Chicken Mac n Cheese with corn & peppers	

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.

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.

Some ingredients supplied to us may also come from facilities that handle allergens.

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.

Menu items may occasionally vary if a school opts out of certain components to meet specific healthy-eating requirements.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Standard Meal Chicken Pesto Sandwich
4 Standard Meal Katsu Chicken with beans & miso mayo	5 Standard Meal Home made Beef Bolognese with Pasta and cheese	6 Standard Meal Chicken potato top pie with Vegetables	7 Standard Meal Coconut Fish curry on Basmati Rice with Vegetables	8 Standard Meal Chicken Fried rice & vegetables
11 Standard Meal Tandoori Chicken sandwich with fresh vegetables	12 Standard Meal Beef Nachos with corn chips & grated cheese	13 Standard Meal Butter Chicken on Basmati Rice with Vegetables	14 Standard Meal Chicken Mac n Cheese with corn & peppers	15 Standard Meal Beef mince Potato Top Pie with veges & Cheese
18 Standard Meal Sweet & Sour Chicken with vegetables on Rice	19 Standard Meal Creamy Chicken spinach & pea pasta bake	20 Standard Meal Beef Ragu with mash and vegetables	21 Standard Meal Mexican beef mince on Rice with vegetables	22 Standard Meal Beef Burger with fresh salad & sauce
25 Standard Meal Beef Nachos with corn chips & grated cheese	26 Standard Meal Coconut Curry Chicken on Basmati Rice	27 Standard Meal Chicken Pesto Sandwich	28 Standard Meal Creamy Chicken Carbonara with vegetables <u>NO PORK</u>	29 Standard Meal Katsu Chicken with beans & miso mayo

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 KINGS BIRTHDAY PUBLIC HOLIDAY	2 Standard Meal StirFry Beef with Veges Rice Bowl	3 Standard Meal Fish Crumb on potato mash with veggies	4 Standard Meal Home made Beef Bolognese with Pasta and cheese	5 Standard Meal Chicken Fried rice & vegetables
8 Standard Meal Beef Nachos with corn chips & grated cheese	9 Standard Meal Crumbed Fish on Rice & vegetables w tartare sauce	10 Standard Meal Creamy Chicken spinach & pea pasta bake	11 Standard Meal Crumbed Chicken on mash potato w vegetables & Tomato sauce	12 Standard Meal Beef Burger with fresh salad & sauce
15 Standard Meal Sweet & Sour Chicken with vegetables on Rice	16 Standard Meal Beef Ragu with mash and vegetables	17 Standard Meal Creamy Chicken Carbonara with vegetables <u>NO PORK</u>	18 Standard Meal Butter Chicken on Basmati Rice with Vegetables	19 Standard Meal Beef Nachos with corn chips & grated cheese
22 Standard Meal Katsu Chicken with beans & miso mayo	23 Standard Meal Chicken Pesto Sandwich	24 Standard Meal Mexican beef mince on Rice with vegetables	25 Standard Meal Coconut Fish curry on Basmati Rice with Vegetables	26 Standard Meal Home made Beef Bolognese with Pasta and cheese
29 Standard Meal Beef Nachos with corn chips & grated cheese	30 Standard Meal Crumbed Fish on Rice & vegetables w tartare sauce			

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APPRESSO JULY 2026 STANDARD MENU

PRO FOODS CO.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Standard Meal Butter Chicken on Basmati Rice with Vegetables	2 Standard Meal Mexican beef mince on Rice with vegetables	3 TERM 2 END Standard Meal Beef Burger with fresh salad & sauce
6 SCHOOL HOLIDAYS	7 SCHOOL HOLIDAYS	8 SCHOOL HOLIDAYS	9 SCHOOL HOLIDAYS	10 MATARIKI PUBLIC HOLIDAY
13 SCHOOL HOLIDAYS	14 SCHOOL HOLIDAYS	15 SCHOOL HOLIDAYS	16 SCHOOL HOLIDAYS	17 SCHOOL HOLIDAYS
20 TERM 3 START	21	22	23	24
27	28	29	30	31

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