

**\*MENU SUBJECT TO CHANGE\***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>VEGETARIAN MEAL</b> Plant based beef Nachos w/ vegetables <b>DAIRY FREE MEAL</b> Beef Nachos <b>GLUTEN FREE MEAL</b> GF – Beef Nachos	2 <b>TERM 1 END</b> <b>VEGETARIAN MEAL</b> Sweet & sour Paneer on Rice w/ Veges <b>DAIRY FREE MEAL</b> Sweet & Sour Chicken w/ veges on Rice <b>GLUTEN FREE MEAL</b> GF Sweet & Sour Chicken w/ veges on Rice	3 <b>GOOD FRIDAY</b> <b>PUBLIC HOLIDAY</b>
6 <b>SCHOOL HOLIDAYS</b>	7 <b>SCHOOL HOLIDAYS</b>	8 <b>SCHOOL HOLIDAYS</b>	9 <b>SCHOOL HOLIDAYS</b>	10 <b>SCHOOL HOLIDAYS</b>
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>TERM 2 START</b> <b>VEGETARIAN MEAL</b> Creamy Tofu on Basmati Rice & veges <b>DAIRY FREE MEAL</b> Coconut Chicken on Basmati Rice and vegetables no cream <b>GLUTEN FREE MEAL</b> Coconut Chicken on Basmati Rice and vegetables	21 <b>VEGETARIAN MEAL</b> Spinach, mix veggies and cheese <b>DAIRY FREE MEAL</b> Tomato base chicken pasta bake <b>GLUTEN FREE MEAL</b> GF pasta Creamy chicken bake	22 <b>VEGETARIAN MEAL</b> Potato Tofu Top pie with veggies & grated cheese <b>DAIRY FREE MEAL</b> Beef Mince Potato Top pie with veggies & grated cheese with tomato <b>GLUTEN FREE MEAL</b> Beef Mince Potato Top pie with veges & grated cheese	23 <b>VEGETARIAN MEAL</b> Cauliflower Crumb on rice with veges <b>DAIRY FREE MEAL</b> Fish Crumb on rice with veges <b>GLUTEN FREE MEAL</b> GF Fish on rice with Veges	24 <b>VEGETARIAN MEAL</b> Plant based BBQ burger with fresh salad & sauce <b>DAIRY FREE MEAL</b> Beef Burger with fresh salad & sauce <b>GLUTEN FREE MEAL</b> Burger with fresh salad & BBQ sauce
27 <b>ANZAC DAY</b> <b>PUBLIC HOLIDAY</b>	28 <b>VEGETARIAN MEAL</b> Panneer Biryani on Basmati Rice w/ Veges <b>DAIRY FREE MENU</b> Chicken Biryani with rice & vegetables with Coconut <b>GLUTEN FREE MENU</b> GF Chicken Biryani with rice & vegetables	29 <b>VEGETARIAN MEAL</b> Mexican Tofu on Basmati Rice and vegetables <b>DAIRY FREE MEAL</b> Mexican beef on Rice with veggies & no cream <b>GLUTEN FREE MEAL</b> Mexican beef on Rice with veggies	30 <b>VEGETARIAN MEAL</b> Plant based Chicken Mac n Cheese with corn & peppers <b>DAIRY FREE MEAL</b> Chicken Tomato and pasta with corn & peppers <b>GLUTEN FREE MEAL</b> GF Chicken Tomato and GF pasta 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.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 <b>VEGETARIAN MEAL</b> Falafel with mix Salad and grated cheese <b>DAIRY FREE MEAL</b> Chicken Pesto Sandwich with mix Salad no cheese, no cream. <b>GLUTEN FREE MEAL</b> GF bread Chicken Pesto Sandwich with mix Salad</p>
<p>4 <b>VEGETARIAN MEAL</b> Katsu Plant based Chicken w/ beans &amp; miso mayo <b>DAIRY FREE MEAL</b> Katsu Chicken w/ beans &amp; miso mayo <b>GLUTEN FREE MEAL</b> GF Katsu Chicken w/ beans &amp; miso mayo</p>	<p>5 <b>VEGETARIAN MEAL</b> Plant base Beef Bolognese w/ veges Pasta &amp; Cheese <b>DAIRY FREE MEAL</b> DF based Beef Bolognese w/ veges Pasta &amp; NO CHEESE rich tomato sauce <b>GLUTEN FREE MEAL</b> GF Beef Bolognese w/ veges on GF Pasta &amp; Cheese</p>	<p>6 <b>VEGETARIAN MEAL</b> Potato top Tofu Pie with veggies <b>DAIRY FREE MEAL</b> Chicken Potato Top Pie with veggies No Cream with Coconut <b>GLUTEN FREE MEAL</b> GF - Potato top Chicken Pie with veges</p>	<p>7 <b>VEGETARIAN MEAL</b> Creamy Tofu on Basmati Rice &amp; veges <b>DAIRY FREE MEAL</b> Coconut Fish on Basmati Rice and vegetables no cream <b>GLUTEN FREE MEAL</b> Coconut Fish on Basmati Rice and vegetables</p>	<p>8 <b>VEGETARIAN MEAL</b> StirFry soy honey Tofu Rice Bowl <b>DAIRY FREE MEAL</b> Fried rice with Chicken &amp; veges <b>GLUTEN FREE MEAL</b> Fried rice with Chicken &amp; veges</p>
<p>11 <b>VEGETARIAN MEAL</b> Falafel with mix veggies &amp; grated cheese <b>DAIRY FREE MEAL</b> Chicken salad sandwich , no cheese <b>GLUTEN FREE MEAL</b> GF bread Chicken salad sandwich</p>	<p>12 <b>VEGETARIAN MEAL</b> Plant based beef Nachos w/ vegetables <b>DAIRY FREE MEAL</b> Beef Nachos <b>GLUTEN FREE MEAL</b> GF - Beef Nachos</p>	<p>13 <b>VEGETARIAN MEAL</b> Butter Paneer on Basmati Rice with Vegetables <b>DAIRY FREE MEAL</b> Butter Tofu on Basmati Rice with Vegetables No Cream with Coconut <b>GLUTEN FREE MEAL</b> GF Butter Chicken on Basmati Rice with Vegetables</p>	<p>14 <b>VEGETARIAN MEAL</b> Plant based Chicken Mac n Cheese with corn &amp; peppers <b>DAIRY FREE MEAL</b> Chicken Tomato and pasta with corn &amp; peppers <b>GLUTEN FREE MEAL</b> GF Chicken Tomato and GF pasta with corn &amp; peppers</p>	<p>15 <b>VEGETARIAN MEAL</b> Potato top Tofu Pie with veggies <b>DAIRY FREE MEAL</b> Beef Mince Top Pie with veggies No Cheese <b>GLUTEN FREE MEAL</b> Beef mince Potato top Pie with veges</p>
<p>18 <b>VEGETARIAN MEAL</b> Sweet &amp; sour Paneer on Rice w/ Veges <b>DAIRY FREE MEAL</b> Sweet &amp; Sour Chicken w/ veges on Rice <b>GLUTEN FREE MEAL</b> GF Sweet &amp; Sour Chicken w/ veges on Rice</p>	<p>19 <b>VEGETARIAN MEAL</b> Spinach, mix veggies and cheese <b>DAIRY FREE MEAL</b> Tomato base chicken pasta bake <b>GLUTEN FREE MEAL</b> GF pasta Creamy chicken bake</p>	<p>20 <b>VEGETARIAN MEAL</b> Plant based Beef Ragu with vegetables and Mash <b>DAIRY FREE MEAL</b> DF Beef Ragu with vegetables Pasta &amp; rich tomato sauce no cream or cheese <b>GLUTEN FREE MEAL</b> GF - Beef Ragu on Mash with vegetables</p>	<p>21 <b>VEGETARIAN MEAL</b> Mexican Tofu on Basmati Rice and vegetables <b>DAIRY FREE MEAL</b> Mexican beef on Rice with veggies &amp; no cream <b>GLUTEN FREE MEAL</b> Mexican beef on Rice with veggies</p>	<p>22 <b>VEGETARIAN MEAL</b> Plant based BBQ burger with fresh salad &amp; sauce <b>DAIRY FREE MEAL</b> Beef Burger with fresh salad &amp; sauce <b>GLUTEN FREE MEAL</b> Burger with fresh salad &amp; BBQ sauce</p>
<p>25 <b>VEGETARIAN MEAL</b> Plant based beef Nachos w/ vegetables <b>DAIRY FREE MEAL</b> Beef Nachos <b>GLUTEN FREE MEAL</b> GF - Beef Nachos</p>	<p>26 <b>VEGETARIAN MEAL</b> Coconut Curry Tofu on Basmati Rice &amp; vegetables <b>DAIRY FREE MEAL</b> Coconut Curry Chicken on Basmati Rice and vegetables no cream <b>GLUTEN FREE MEAL</b> Coconut Curry Chicken on Basmati Rice</p>	<p>27 <b>VEGETARIAN MEAL</b> Falafel with mix Salad and grated cheese <b>DAIRY FREE MEAL</b> Chicken Pesto Sandwich with mix Salad no cheese, no cream. <b>GLUTEN FREE MEAL</b> GF bread Chicken Pesto Sandwich with mix Salad</p>	<p>28 <b>VEGETARIAN MEAL</b> Creamy Pasta, veges and cheese <b>DAIRY FREE MEAL</b> Tomato base chicken pasta &amp; veges <b>GLUTEN FREE MEAL</b> GF pasta Creamy chicken and veges</p>	<p>29 <b>VEGETARIAN MEAL</b> Katsu Plant based Chicken w/ beans &amp; miso mayo <b>DAIRY FREE MEAL</b> Katsu Chicken w/ beans &amp; miso mayo <b>GLUTEN FREE MEAL</b> GF Katsu Chicken w/ beans &amp; miso mayo</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>KINGS BIRTHDAY PUBLIC HOLIDAY</b>	2 <b>VEGETARIAN MEAL</b> StirFry Tofu Rice Bowl <b>DAIRY FREE MEAL</b> StirFry Beef Rice Bowl <b>GLUTEN FREE MEAL</b> StirFry Beef Rice Bowl	3 <b>VEGETARIAN MEAL</b> Cauliflower Crumb on potato mash with veggies <b>DAIRY FREE MEAL</b> Fish Crumb on potato mash with vege <b>GLUTEN FREE MEAL</b> Fish on potato mash w/ vege Rice Bowl	4 <b>VEGETARIAN MEAL</b> Plant base Beef Bolognese w/ veges Pasta & Cheese <b>DAIRY FREE MEAL</b> DF based Beef Bolognese w/ veges Pasta & NO CHEESE rich tomato sauce <b>GLUTEN FREE MEAL</b> GF Beef Bolognese w/ veges on GF Pasta & Cheese	5 <b>VEGETARIAN MEAL</b> StirFry soy honey Tofu Rice Bowl <b>DAIRY FREE MEAL</b> Fried rice with Chicken & veges <b>GLUTEN FREE MEAL</b> Fried rice with Chicken & veges
8 <b>VEGETARIAN MEAL</b> Plant based beef Nachos w/ vegetables <b>DAIRY FREE MEAL</b> Beef Nachos <b>GLUTEN FREE MEAL</b> GF – Beef Nachos	9 <b>VEGETARIAN MEAL</b> Cauliflower Crumb on rice with veges <b>DAIRY FREE MEAL</b> Fish Crumb on rice with veges <b>GLUTEN FREE MEAL</b> GF Fish on rice with Veges	10 <b>VEGETARIAN MEAL</b> Spinach, mix veggies and cheese <b>DAIRY FREE MEAL</b> Tomato base chicken pasta bake <b>GLUTEN FREE MEAL</b> GF pasta Creamy chicken bake	11 <b>VEGETARIAN MEAL</b> Plant based Chicken w/ mash & tomato sauce <b>DAIRY FREE MEAL</b> Crumb Chicken w/ mash, veges, tomato sauce <b>GLUTEN FREE MEAL</b> GF Chicken w/ mash, veges, tomato sauce	12 <b>VEGETARIAN MEAL</b> Plant based BBQ burger with fresh salad & sauce <b>DAIRY FREE MEAL</b> Beef Burger with fresh salad & sauce <b>GLUTEN FREE MEAL</b> Burger with fresh salad & BBQ sauce
15 <b>VEGETARIAN MEAL</b> Sweet & sour Paneer on Rice w/ Veges <b>DAIRY FREE MEAL</b> Sweet & Sour Chicken w/ veges on Rice <b>GLUTEN FREE MEAL</b> GF Sweet & Sour Chicken w/ veges on Rice	16 <b>VEGETARIAN MEAL</b> Plant based Beef Ragu with vegetables and Mash <b>DAIRY FREE MEAL</b> DF Beef Ragu with vegetables Pasta & rich tomato sauce no cream or cheese <b>GLUTEN FREE MEAL</b> GF – Beef Ragu on Mash with vegetables	17 <b>VEGETARIAN MEAL</b> Creamy Pasta, veges and cheese <b>DAIRY FREE MEAL</b> Tomato base chicken pasta & veges <b>GLUTEN FREE MEAL</b> GF pasta Creamy chicken and veges	18 <b>VEGETARIAN MEAL</b> Butter Paneer on Basmati Rice with Vegetables <b>DAIRY FREE MEAL</b> Butter Tofu on Basmati Rice with Vegetables No Cream with Coconut <b>GLUTEN FREE MEAL</b> GF Butter Chicken on Basmati Rice with Vegetables	19 <b>VEGETARIAN MEAL</b> Plant based beef Nachos w/ vegetables <b>DAIRY FREE MEAL</b> Beef Nachos <b>GLUTEN FREE MEAL</b> GF – Beef Nachos
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29 <b>VEGETARIAN MEAL</b> Plant based beef Nachos w/ vegetables <b>DAIRY FREE MEAL</b> Beef Nachos <b>GLUTEN FREE MEAL</b> GF – Beef Nachos	30 <b>VEGETARIAN MEAL</b> Cauliflower Crumb on rice with veges <b>DAIRY FREE MEAL</b> Fish Crumb on rice with veges <b>GLUTEN FREE MEAL</b> GF Fish on rice with Veges			

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6 <b>SCHOOL HOLIDAYS</b>	7 <b>SCHOOL HOLIDAYS</b>	8 <b>SCHOOL HOLIDAYS</b>	9 <b>SCHOOL HOLIDAYS</b>	10 <b>SCHOOL HOLIDAYS</b>
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>TERM 3 START</b>	21	22	23	24
27	28	29	30	31

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