

Monday

Morning Tea

Crumpets with Apricot Jam

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Thai

Lunch

Thai Yellow Curry with Chicken Red Lentils & White Rice

Carrot & Corn

NO KNOWN ALLERGENS



Afternoon Tea

Margherita Pizza Sticks

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Tuesday

Banana Apple Pineapple Muffins

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Spanish

Chicken & Sausage Paella with Yellow Rice

Carrot & Peas

NO KNOWN ALLERGENS



Wednesday

Vegemite & Cream Cheese Wholemeal Sandwiches

CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY

Fresh Fruit & Raw Vegetables

Italian

Beef & Tomato Lasagne with Cheese Bechamel Sauce

Peas, Corn & Green Beans

CONTAINS: WHEAT, GLUTEN, MILK



Thursday

Raisin Bread

CONTAINS: WHEAT, GLUTEN, SOY

Fresh Fruit & Raw Vegetables

Indian

Vegetarian Paneer & Chickpea Curry with White Rice

Carrot & Broccoli

CONTAINS: MILK



Friday

Cheddar Cheese & Water Crackers

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Australian

Mini Chicken Spinach Burgers with Tomato Relish

Lettuce & Cucumber

CONTAINS: WHEAT, GLUTEN, BARLEY



White Bean & Beetroot Dip with Flat Bread

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Apple & Spice Pastizzis

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Wholemeal Coconut Shortbread

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Kidney Bean & Cocoa Brownies

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

The menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages. Changes may affect contained allergens so please ensure you cross check your daily packsheets for the most up to date information.

All photos are serving suggestions only.