

CHOICE ITEMS

BREAKFAST

A	Flakes & Fibre Cereal
	Hazelnut & Almond Cereal
	Malty Grain
	Vegetable Omelette Wrap
B	Apple Cinnamon Oat Clusters
	Banana Bread
	Salted Maple & Cashew Granola
	Tropical Twist Muesli
	Wholemeal Pancakes
C	Caramelised Onion Fritters
	Cranberry & Vanilla Muesli
	Nut & Grain Chew
	Roasted Hazelnut & Cinnamon Porridge
D	Apple & Berry Brekkie Cup
	Ham & Egg Muffin
	Oat & Apricot Bar
	Toasted Berry Muesli

LUNCH

A	Creamy Vegetable Soup
	Pumpkin Soup
B	Bean & Cheese Burrito
	Cheesy Baked Potato
	Ricotta & Pumpkin Ravioli
	Spaghetti Bolognese
	Spinach & Fetta Roll
C	Vegetable Lasagne
	Ham & Cheese Toastie
	Pea & Ham Risotto
	Pesto Pasta Salad
	Sausage Roll
D	Vegetable Tortellini
	Beef Pie*
	Oriental Pork Bun
	Potato Tuna Bake*
	Quiche Lorraine*
Roasted Veggie All Round	

DINNER

A	Beef Pie*
	Chunky Vegetable Soup
	Macaroni Cheese
	Potato Tuna Bake*
	Quiche Lorraine*
B	Roast Pork Dinner
	Beef Pastie
	Lamb Moussaka
	Meatballs & Vegetables
	Mexican-style Veggie Stack
	Roast Chicken & Vegetables
C	Roasted Vegetable Pizza
	Bangers & Mash
	Beef Lasagne
	Chicken Fettuccine
	Dhal with Rice
D	Thai Green Chicken Curry
	Beef Burger
	Chicken Pad Thai
	Spinach & Ricotta Cannelloni
	Teriyaki Beef Noodles
	Vegetable Tikka Masala with Paneer Cheese
E	Butter Chicken
	Chicken Parmigiana
	Chicken Satay
	Cottage Pie
	Crumbed Fish & Wedges
	Pepperoni Pizza

SNACK

A	Chocolate Mousse
	Jenny Craig's Ice Cream Sundae
	Light & Tangy Veggie Crisps
	Melting Moment
B	Apple & Rhubarb Crumble
	Oregano & Thyme Crunchies
	Savoury Soy Snacks
	Sweet & Salty Popcorn
	White Chocolate Cranberry Cookie
C	Choc Chip Bites
	Nut & Cranberry Mix
	Salsa Curls
D	Sticky Date Pudding
	Chocolate Pudding
	Salted Caramel Nut Bar
	Shortbread Bites
Trio Spice Mix	

* Interchangeable Item

VEGETARIAN CHOICE ITEMS

BREAKFAST

A	Flakes & Fibre Cereal
	Hazelnut & Almond Cereal
	Malty Grain
	Vegetable Omelette Wrap
B	Apple Cinnamon Oat Clusters
	Banana Bread
	Salted Maple & Cashew Granola
	Tropical Twist Muesli
	Wholemeal Pancakes
C	Caramelised Onion Fritters
	Cranberry & Vanilla Muesli
	Nut & Grain Chew
	Roasted Hazelnut & Cinnamon Porridge
D	Apple & Berry Brekkie Cup
	Oat & Apricot Bar
	Toasted Berry Muesli

DINNER

A	Cheesy Baked Potato*
	Pesto Pasta Salad*
	Ricotta & Pumpkin Ravioli*
	Vegetable Lasagne*
	Vegetable Tortellini*
B	Chunky Vegetable Soup*
	Macaroni Cheese
	Potato Tuna Bake 🐟
	Roasted Vegetable Pizza
C	Crumbed Fish & Wedges 🐟
	Dhal with Rice
	Mexican-style Veggie Stack
	Spinach & Ricotta Cannelloni
	Vegetable Tikka Masala with Paneer Cheese

* Interchangeable Item

🐟 Fish exchange

^ Contains gelatine

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A	Creamy Vegetable Soup
	Pumpkin Soup
B	Bean & Cheese Burrito
	Ricotta & Pumpkin Ravioli*
	Spinach & Fetta Roll
C	Cheesy Baked Potato*
	Pesto Pasta Salad*
	Vegetable Tortellini*
D	Chunky Vegetable Soup*
	Potato Tuna Bake 🐟
	Roasted Veggie All Round

SNACK

A	Chocoate Mousse^
	Jenny Craig's Ice Cream Sundae
	Light & Tangy Veggie Crisps
	Melting Moment
B	Apple & Rhubarb Crumble
	Oregano & Thyme Crunchies
	Savoury Soy Snacks
	Sweet & Salty Popcorn
	White Chocolate Cranberry Cookie
C	Choc Chip Bites
	Nut & Cranberry Mix
	Salsa Curls
	Sticky Date Pudding
	Chocolate Pudding
	Salted Caramel Nut Bar
	Shortbread Bites
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