

Week 1	Regular	Vegetarian	Vegan	Gluten-free (GF)	Egg-free	Dairy-free
Monday: Snack	Apple muffin & plain yoghurt with a dash of honey Fresh fruit	Apple muffin & plain yoghurt with a dash of honey Fresh fruit	Vegan apple & banana muffin with coconut yoghurt Fresh fruit	GF apple muffin & plain yoghurt with a dash of honey Fresh fruit	Vegan apple & banana muffin with plain yoghurt & a dash of honey Fresh fruit	Vegan apple & banana muffin with coconut yoghurt & a dash of honey Fresh fruit
Lunch	Butternut risotto OR Napoletana Vegetable pasta Green salad	Butternut risotto OR Napoletana Vegetable pasta Green salad	Butternut risotto OR Napoletana Vegetable pasta Green salad	Butternut risotto Green salad	Butternut risotto OR Napoletana Vegetable pasta Green salad	Butternut risotto OR Napoletana Vegetable pasta Green salad
Tuesday Snack	Open sandwich with tuna/cheese & tomato, grated carrot & cucumber Fresh fruit	Open sandwich with cheese/hummus & nut-free pesto, tomato, grated carrot & cucumber Fresh fruit	Open sandwich with hummus/vegan cheese & nut-free pesto, avo, tomato, grated carrot & cucumber Fresh fruit	Homemade GF bread with tuna/cheese & tomato, grated carrot & cucumber Fresh fruit	Open sandwich with tuna/cheese & tomato, grated carrot & cucumber Fresh fruit	Open sandwich with hummus/vegan cheese/tuna & nut-free pesto, tomato, grated carrot & cucumber Fresh fruit
Lunch	Cottage pie served with seasonal vegetables	Lentil cottage pie served with seasonal vegetables	Lentil cottage pie served with seasonal vegetables	Cottage pie served with seasonal vegetables	Cottage pie served with seasonal vegetables	Cottage pie served with seasonal vegetables



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Wednesday Snack	Vegetable soup Homemade breadsticks Fresh fruit	Vegetable soup Homemade breadsticks Fresh fruit	Vegetable soup Homemade breadsticks Fresh fruit	Vegetable soup Homemade GF Bread Fresh fruit	Vegetable soup Homemade breadsticks Fresh fruit	Vegetable soup Homemade breadsticks Fresh fruit
Lunch	Free-range roast chicken and vegetables served with rice	Chickpea and vegetable stew served with rice	Chickpea and vegetable stew served with rice	Free-range roast chicken and vegetables served with rice	Free-range roast chicken and vegetables served with rice	Free-range roast chicken and vegetables served with rice
Thursday Snack	Free-range chicken & salad wrap Fresh fruit	Wrap with hummus & roasted vegetables/salad Fresh fruit	Wrap with hummus & roasted vegetables/salad Fresh fruit	GF wrap/flat bread with free- range chicken & salad Fresh fruit	Free-range chicken & salad wrap (egg-free dressing or avo) Fresh fruit	Free-range chicken & salad wrap Fresh fruit
Lunch	Fish cakes, roasted butternut & sweet potato and garden salad/seasonal vegetables	Quinoa with vegetables and black beans	Quinoa with vegetables and black beans	GF Fish cakes, roasted butternut & sweet potato and garden salad/seasonal vegetables	Fish cakes (no egg), roasted butternut & sweet potato and garden salad/seasonal vegetables	Fish cakes, roasted butternut & sweet potato and garden salad/seasonal vegetables
Friday Snack	Homemade granola served with plain yoghurt and a dash of honey	Homemade granola served with plain yoghurt and a dash of honey	Bircher muesli made with soya or coconut milk OR Homemade granola served with coconut yoghurt	Gluten free rolled oats granola, served with plain yoghurt and a dash of honey	Homemade granola served with plain yoghurt and a dash of honey	Bircher muesli made with soya or coconut milk OR Homemade granola served with coconut yoghurt



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	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Homemade beef burger served with potato wedges & salad	Lentil, sweet potato and quinoa burger with salad and potato wedges	Lentil, sweet potato and quinoa burger with salad and potato wedges	Homemade beef burger (GF bun) served with potato wedges and salad	Homemade beef burger served with potato wedges & salad	Homemade beef burger served with salad and potato wedges



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