



Week One 2025 - 2026

ALTERNATIVE MENU 12 MONTHS TO 6 YEARS

Monday

Tuesday

Wednesday

Thursday

Friday

V1
Vegetarian

**Thai Yellow Curry
with Red Lentils &
White Rice**

NO KNOWN ALLERGENS

**Legume &
Sweet Potato Paella
with Yellow Rice**

NO KNOWN ALLERGENS

**Vegetable Lasagne
with Cheese
Béchamel Sauce**

CONTAINS: WHEAT, GLUTEN, MILK

**Vegetarian Paneer
& Chickpea Curry
with White Rice**

CONTAINS: MILK

**Mini Falafel
Burgers with
Tomato Relish**

CONTAINS: WHEAT, GLUTEN, BARLEY

V1
Vegan

**Thai Yellow Curry
with Red Lentils &
White Rice**

NO KNOWN ALLERGENS

**Legume &
Sweet Potato Paella
with Yellow Rice**

NO KNOWN ALLERGENS

**Roasted Vegetable &
Tomato Sauce with Pasta
& Non Dairy Cheese**

CONTAINS: WHEAT, GLUTEN

**Bean & Zucchini
Curry with
White Rice**

NO KNOWN ALLERGENS

**Mini Falafel
Burgers with
Tomato Relish**

CONTAINS: WHEAT, GLUTEN, BARLEY

A1
Dairy Free

**Coconut
Turmeric Chicken
with White Rice**

NO KNOWN ALLERGENS

**Chicken Paella
(No Sausage) with
Yellow Rice**

NO KNOWN ALLERGENS

**Beef & Tomato
Bolognese with
Pasta**

CONTAINS: WHEAT, GLUTEN

**Bean & Zucchini
Curry with
White Rice**

NO KNOWN ALLERGENS

**Chicken & Chia
Rissoles with GF Bread
& Capsicum Relish**

NO KNOWN ALLERGENS

A2
Gluten Free

**Chicken,
Pea & Zucchini Sauce
with White Rice**

NO KNOWN ALLERGENS

**Chicken with
White Rice & Pea
& Zucchini Sauce**

NO KNOWN ALLERGENS

**Beef & Tomato
Bolognese with
Rice Noodles**

NO KNOWN ALLERGENS

**Zucchini
Curry with
White Rice**

NO KNOWN ALLERGENS

**Chicken & Chia
Rissoles with GF Bread
& Capsicum Relish**

NO KNOWN ALLERGENS

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Week Two 2025 - 2026

ALTERNATIVE MENU 12 MONTHS TO 6 YEARS

Monday

Tuesday

Wednesday

Thursday

Friday

V1
Vegetarian

Spinach Potato & Eggplant Korma with White Rice

NO KNOWN ALLERGENS

Vegetable Balls with Pasta & Tomato Capsicum Sauce

CONTAINS: WHEAT, GLUTEN, OATS

Vegetarian Mexican Bean Stew with White Rice

NO KNOWN ALLERGENS

Cheesy Tomato, Pumpkin & Spinach Sauce with Pasta

CONTAINS: WHEAT, GLUTEN, MILK

Vegetarian Pizza

CONTAINS: WHEAT, GLUTEN, MILK

V1
Vegan

Spinach Potato & Eggplant Korma with White Rice

NO KNOWN ALLERGENS

Vegetable Balls with Pasta & Tomato Capsicum Sauce

CONTAINS: WHEAT, GLUTEN, OATS

Vegetarian Mexican Bean Stew with White Rice

NO KNOWN ALLERGENS

Pumpkin Spinach & Tomato Sauce with Pasta & Non Dairy Cheese

CONTAINS: WHEAT, GLUTEN

Vegetarian Pizza with Non Dairy Cheese

CONTAINS: WHEAT, GLUTEN

A1
Dairy Free

Beef Meatballs with Pumpkin & Lentil Sauce & White Rice

NO KNOWN ALLERGENS

Chicken & Chia Rissoles with Tomato Capsicum Sauce & Rice & Corn Pasta

NO KNOWN ALLERGENS

Lentil Pumpkin & Coconut Stew with White Rice

NO KNOWN ALLERGENS

Chicken with Pasta & Tomato & Spinach Sauce

CONTAINS: WHEAT, GLUTEN

Smoky Beef Pizza with Non Dairy Cheese

CONTAINS: WHEAT, GLUTEN

A2
Gluten Free

Beef Meatballs with Pumpkin & Lentil Sauce & White Rice

NO KNOWN ALLERGENS

Chicken & Chia Rissoles with Rice Noodles & Pea & Zucchini Sauce

NO KNOWN ALLERGENS

Lentil Pumpkin & Coconut Stew with White Rice

NO KNOWN ALLERGENS

Chicken with Rice & Corn Pasta & Tomato & Spinach Sauce

NO KNOWN ALLERGENS

GF Smoky Beef Pizza with Non Dairy Cheese

NO KNOWN ALLERGENS

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Week Three 2025 - 2026

ALTERNATIVE MENU 12 MONTHS TO 6 YEARS

Monday

Tuesday

Wednesday

Thursday

Friday

V1
Vegetarian

Sweet Potato White Bean & Apricot Stew with White Rice

NO KNOWN ALLERGENS

Pumpkin Mushroom Chickpea & Spinach Pasta Bake

CONTAINS: WHEAT, GLUTEN, MILK

Roasted Vegetable Coconut Curry with White Rice

CONTAINS: MILK

Vegetable Balls with Ratatouille & Pasta

CONTAINS: WHEAT, GLUTEN, OATS

Honey Soy Tofu & Vegetable Noodles

CONTAINS: SOY, WHEAT, GLUTEN

V1
Vegan

Sweet Potato White Bean & Apricot Stew with White Rice

NO KNOWN ALLERGENS

Pumpkin Mushroom Chickpea & Spinach Pasta Bake with Non Dairy Cheese

CONTAINS: WHEAT, GLUTEN

White Bean & Vegetable Coconut Curry with White Rice

NO KNOWN ALLERGENS

Vegetable Balls with Ratatouille & Pasta

CONTAINS: WHEAT, GLUTEN, OATS

Honey Soy Tofu & Vegetable Noodles

CONTAINS: SOY, WHEAT, GLUTEN

A1
Dairy Free

Chicken Green Pea Zucchini Sauce with White Rice

NO KNOWN ALLERGENS

Beef Pumpkin & Mushroom with Pasta

CONTAINS: WHEAT, GLUTEN

Chicken & Coconut Curry with White Rice

NO KNOWN ALLERGENS

Beef & Quinoa Rissoles with Ratatouille & Rice & Corn Pasta

NO KNOWN ALLERGENS

Chicken & Rice Noodle Stir Fry

NO KNOWN ALLERGENS

A2
Gluten Free

Chicken Green Pea Zucchini Sauce with White Rice

NO KNOWN ALLERGENS

Beef, Pumpkin & Mushroom with Rice Noodles

NO KNOWN ALLERGENS

Chicken with White Rice & Carrot & Tarragon Sauce

NO KNOWN ALLERGENS

Beef with Rice Noodles & Coconut Turmeric Sauce

NO KNOWN ALLERGENS

Chicken & Chia Rissoles with Rice Noodles & Pumpkin Lentil Sauce

NO KNOWN ALLERGENS



Week Four 2025 - 2026

ALTERNATIVE MENU 12 MONTHS TO 6 YEARS

Monday

Tuesday

Wednesday

Thursday

Friday

V1
Vegetarian

**Falafel Balls
with Macaroni
Cheese**

CONTAINS: WHEAT, GLUTEN, MILK

**Nut Free Pesto
Zucchini &
Spinach Pasta**

CONTAINS: WHEAT, GLUTEN, MILK

**Chickpea & Potato
Stroganoff with
White Rice**

CONTAINS: MILK

**Vegetable Pasta Bake
with Sweet Potato
Eggplant & White Beans**

CONTAINS: WHEAT, GLUTEN, MILK

**Chickpea & Black Bean
Fajitas with White Rice
& Flat Bread**

CONTAINS: WHEAT, GLUTEN

V1
Vegan

**Falafel Balls
with Pasta &
Carrot Sauce**

CONTAINS: WHEAT, GLUTEN

**Nut Free Pesto
Coconut
Pasta**

CONTAINS: WHEAT, GLUTEN

**Chickpea Potato &
Mushroom Stew
with White Rice**

NO KNOWN ALLERGENS

**Chunky Roasted
Vegetable & Tomato
Sauce with Pasta**

CONTAINS: WHEAT, GLUTEN

**Chickpea & Black Bean
Fajitas with White Rice
& Flat Bread**

CONTAINS: WHEAT, GLUTEN

A1
Dairy Free

**Chicken & Corn
Rissoles with Pasta &
Carrot & Tarragon Sauce**

CONTAINS: WHEAT, GLUTEN

**Chicken Coconut
Nut Free Pesto
with Pasta**

CONTAINS: WHEAT, GLUTEN

**Beef Mushroom &
Tomato Stew with
White Rice**

NO KNOWN ALLERGENS

**Chunky Roasted
Vegetable & Tomato
Sauce with Pasta**

CONTAINS: WHEAT, GLUTEN

**Chickpea & Black Bean
Fajitas with White Rice
& GF Bread**

NO KNOWN ALLERGENS

A2
Gluten Free

**Chicken & Chia Rissoles
with Rice & Corn Pasta &
Carrot & Tarragon Sauce**

NO KNOWN ALLERGENS

**Chicken Coconut
Nut Free Pesto with
Rice & Corn Pasta**

NO KNOWN ALLERGENS

**Beef Meatballs with
White Rice & Roasted
Eggplant Sauce**

NO KNOWN ALLERGENS

**Chunky Roasted Vegetable
& Tomato Sauce with Rice
& Corn Pasta**

NO KNOWN ALLERGENS

**Chicken with Pea
& Zucchini Sauce
White Rice & GF Bread**

NO KNOWN ALLERGENS

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Week Five 2025 - 2026

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V1
Vegetarian

**Italian Vegetable Balls
with Creamy Tomato
Sauce & Pasta**

CONTAINS: WHEAT, GLUTEN, MILK, OATS

**Mexican Bean Stew
with White Rice
& Corn Salsa**

NO KNOWN ALLERGENS

**Tofu &
Edamame
Fried Rice**

CONTAINS: WHEAT, GLUTEN, SOY

**Lentil Tomato
& Spinach
Pasta Bake**

CONTAINS: WHEAT, GLUTEN, MILK, BARLEY

**Vegetarian
Pizza**

CONTAINS: WHEAT, GLUTEN, MILK

V1
Vegan

**Italian Vegetable Balls
with Tomato Sauce Pasta
& Non Dairy Cheese**

CONTAINS: WHEAT, GLUTEN, OATS

**Mexican Bean Stew
with White Rice
& Corn Salsa**

NO KNOWN ALLERGENS

**Tofu &
Edamame
Fried Rice**

CONTAINS: WHEAT, GLUTEN, SOY

**Lentil Tomato & Spinach
Sauce with Pasta &
Non Dairy Cheese**

CONTAINS: WHEAT, GLUTEN

**Vegetarian Pizza
with Non Dairy
Cheese**

CONTAINS: WHEAT, GLUTEN

A1
Dairy Free

**Italian Beef Meatballs
in Tomato Sauce
with Pasta**

CONTAINS: WHEAT, GLUTEN, OATS

**Beef & Quinoa Meatballs
with Roasted Eggplant
Sauce & White Rice**

NO KNOWN ALLERGENS

**Chicken Chia Rissoles with
Brown Rice & Pumpkin
& Lentil Sauce**

NO KNOWN ALLERGENS

**White Fish with
Pasta & Pea
& Zucchini Sauce**

CONTAINS: WHEAT, GLUTEN, FISH

**BBQ Chicken
Pizza with
Non Dairy Cheese**

CONTAINS: WHEAT, GLUTEN

A2
Gluten Free

**Beef & Quinoa Rissoles
with Tomato Sauce and
Rice & Corn Pasta**

NO KNOWN ALLERGENS

**Beef & Quinoa Meatballs
with Roasted Eggplant
Sauce & White Rice**

NO KNOWN ALLERGENS

**Chicken Chia Rissoles with
Brown Rice & Pumpkin
& Lentil Sauce**

NO KNOWN ALLERGENS

**White Fish with
Rice Noodles & Pea
& Zucchini Sauce**

CONTAINS: FISH

**GF Chicken Pizza
with Non Dairy
Cheese**

NO KNOWN ALLERGENS

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Week Six 2025 - 2026

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V1
Vegetarian

Cheesy Tomato & White Bean Sauce with Pasta

CONTAINS: WHEAT, GLUTEN, MILK

Chickpea Patties with Creamy Potato Bake

CONTAINS: WHEAT, GLUTEN, MILK, OATS

Massaman Curry with Potato, Spinach & Lentils and White Rice

NO KNOWN ALLERGENS

Spinach & Ricotta Pasta with Tomato Sauce & Cheese

CONTAINS: WHEAT, GLUTEN, MILK

Tofu & White Bean Balls with Brown Rice & Katsu Sauce

CONTAINS: SOY, WHEAT, GLUTEN

V1
Vegan

Chunky Roasted Vegetable & Tomato Sauce with Pasta

CONTAINS: WHEAT, GLUTEN

Chickpea Patties with Roasted Potatoes & Gravy

CONTAINS: WHEAT, GLUTEN, OATS

Massaman Curry with Potato, Spinach & Lentils and White Rice

NO KNOWN ALLERGENS

Lentil Tomato Spinach Sauce with Pasta & Non Dairy Cheese

CONTAINS: WHEAT, GLUTEN

Tofu & White Bean Balls with Brown Rice & Katsu Sauce

CONTAINS: SOY, WHEAT, GLUTEN

A1
Dairy Free

Chunky Roasted Vegetable & Tomato Sauce with Pasta

CONTAINS: WHEAT, GLUTEN

Beef & Quinoa Rissoles with Roasted Potatoes & Gravy

NO KNOWN ALLERGENS

Chicken with Carrot & Tarragon Sauce and White Rice

NO KNOWN ALLERGENS

Beef Bolognaise with Rice & Corn Pasta

NO KNOWN ALLERGENS

Chicken & Chia Rissoles with Brown Rice, Gravy & Green Vegetables

NO KNOWN ALLERGENS

A2
Gluten Free

Chunky Roasted Vegetable & Tomato Sauce with Rice & Corn Pasta

NO KNOWN ALLERGENS

Beef & Quinoa Rissoles with Roasted Potato & Carrot Tarragon Sauce

NO KNOWN ALLERGENS

Chicken with Carrot & Tarragon Sauce and White Rice

NO KNOWN ALLERGENS

Beef & Quinoa Rissoles with Pumpkin Lentil Sauce & Rice Noodles

NO KNOWN ALLERGENS

Chicken & Chia Rissoles with Brown Rice & Turmeric Coconut Sauce

NO KNOWN ALLERGENS

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