



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 Wheat Pasta & Non
Dairy Cheese**

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 with
White Rice & Pea
& Zucchini Sauce**

NO KNOWN ALLERGENS

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

NO KNOWN ALLERGENS

**Beef & Tomato Bolognese
with Rice & Corn Pasta &
Non Dairy Cheese**

CONTAINS: WHEAT, GLUTEN

**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 Sweet Potato & 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 & Non Dairy Cheese
CONTAINS: WHEAT, GLUTEN

Smoky Beef Pizza with Non Dairy Cheese
CONTAINS: WHEAT, GLUTEN

A2
Gluten Free

Beef Meatballs with Sweet Potato & 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

**KINGS
BIRTHDAY
PUBLIC HOLIDAY**

**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

**Cheesy Tomato &
White Bean Sauce
with Pasta**
CONTAINS: WHEAT, GLUTEN, MILK

V1
Vegan

**Sweet Potato White
Bean & Apricot Stew
with White Rice**
NO KNOWN ALLERGENS

**Pumpkin Mushroom
Pasta Bake
with Non Dairy Cheese**
CONTAINS: WHEAT, GLUTEN

**White Bean &
Vegetable Coconut
Curry with White Rice**
NO KNOWN ALLERGENS

**Chunky Roasted
Vegetable & Tomato
Sauce with Pasta**
CONTAINS: WHEAT, GLUTEN

A1
Dairy Free

**Chicken with White
Rice & Pea &
Zucchini Sauce**
NO KNOWN ALLERGENS

**Beef Pumpkin &
Mushroom with Pasta
& Non Dairy Cheese**
CONTAINS: WHEAT, GLUTEN

**Chicken &
Coconut Curry
with White Rice**
NO KNOWN ALLERGENS

**Chunky Roasted
Vegetable & Tomato
Sauce with Pasta**
CONTAINS: WHEAT, GLUTEN

A2
Gluten Free

**Chicken with White
Rice & Pea &
Zucchini Sauce**
NO KNOWN ALLERGENS

**Beef Pumpkin & Mushroom
with Rice & Corn Pasta
& Non Dairy Cheese**
NO KNOWN ALLERGENS

**Chicken with
White Rice & Carrot
& Tarragon Sauce**
NO KNOWN ALLERGENS

**Chunky Roasted Vegetable
& Tomato Sauce
with Rice & Corn Pasta**
NO KNOWN ALLERGENS

1&2

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Week Four 2025 - 2026

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Tuesday

Wednesday

Thursday

Friday

V1
Vegetarian

Vegetarian Paneer & Chickpea Curry with White Rice

CONTAINS: 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

Bean & Zucchini Curry with White Rice

NO KNOWN ALLERGENS

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

Bean & Zucchini Curry with White Rice

NO KNOWN ALLERGENS

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

Zucchini Curry with White Rice

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 White Rice & Pea & Zucchini Sauce

NO KNOWN ALLERGENS

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Week Five 2025 - 2026

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Wednesday

Thursday

Friday

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 White Rice & Sweet
Potato & Lentil Sauce**

NO KNOWN ALLERGENS

**White Fish
with Pasta
& Coconut 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 White Rice & Sweet
Potato & Lentil Sauce**

NO KNOWN ALLERGENS

**White Fish
with Rice & Corn
Pasta & Coconut 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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Monday

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Friday

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 White Rice & Katsu Sauce

CONTAINS: SOY, WHEAT, GLUTEN

V1
Vegan

Chunky Roasted Vegetable & Tomato Sauce with Pasta

CONTAINS: WHEAT, GLUTEN

Chickpea Patties with Roasted Potato & 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 White 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 Potato & Gravy

NO KNOWN ALLERGENS

Chicken with Carrot & Tarragon Sauce and White Rice

NO KNOWN ALLERGENS

Beef Bolognese with Rice & Corn Pasta & Non Dairy Cheese

NO KNOWN ALLERGENS

Chicken & Chia Rissoles with White 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 Sauce

NO KNOWN ALLERGENS

Chicken with Carrot & Tarragon Sauce and White Rice

NO KNOWN ALLERGENS

Beef & Quinoa Rissoles with Sweet Potato Lentil Sauce & Rice & Corn Pasta

NO KNOWN ALLERGENS

Chicken & Chia Rissoles with White Rice & Turmeric Coconut Sauce

NO KNOWN ALLERGENS

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