



Weekly Menu

August 17– August 21 2026



Grade 7 - 12

Monday

Menu 1: Meatloaf, mashed potatoes and vegetables

1, 7 3, 9, 10

Menu 2: Vegetable loaf and tagliatelle

1, 3, 7 9, 10

Tuesday

Menu 1: Beef red curry, basmati rice and vegetables

3, 9, 10

Menu 2: Chickpea-beetroot curry, wild rice and vegetables

3, 9, 10

Wednesday

Menu 1: Honey-garlic pork steak, oven potatoes and vegetables

3, 9, 10

Menu 2: Pumpkin risotto, sundried tomatoes, parmesan and rucola

7 3, 9, 10

Thursday

Menu 1: Beef lasagna

1, 3, 7 9, 10

Menu 2: Potato and vegetable gratin

1, 7 3, 9, 10

Friday

Menu 1: Chicken Tikka Masala, served with rice

1, 2, 4, 6, 7, 11 3, 9, 10

Menu 2: Pesto ravioli, creamy ratatouille and tomato sauce

1, 7 3, 9, 10

Contains this Allergen / may contain this Allergen

*1. Cereals containing gluten, *2. Crustaceans, *3. Eggs, *4. Fish, *5. Peanuts, *6. Soybeans, *7. Milk, *8. Nuts, namely: almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts, *9. Celery, *10. Mustard, *11. Sesame seeds, *12. Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre, *13. Lupin, *14. Molluscs