



Weekly Menu

September 21-September 25 2026

EC 1 – Grade 6



Monday

Menu 1: Beef meatloaf with gravy, macaroni & vegetables

1 7, 9, 10

Menu 2: Vegan meatloaf with gravy, macaroni & vegetables

7, 9, 10

Tuesday

Menu 1: Chicken in Thai yellow curry with vegetables & steamed rice

9, 11

Menu 2: Organic tofu in Thai yellow curry & steamed rice

6 9, 11

Wednesday

Menu 1: Beef Shepard's pie with carrot sticks

7 9

Menu 2: Vegetarian Shepard's pie with carrot sticks

6, 7 9

Thursday

Menu 1: Roasted chicken drumsticks, pilaf rice & vegetables

9, 10

Menu 2: Vegetarian cutlet, pilaf rice & vegetables

1, 6 3, 9, 10

Friday

Menu 1: Beef burger, roasted potatoes, coleslaw & garnish

1, 3, 7, 10, 11

Menu 2: Vegan burger, roasted potatoes, coleslaw & garnish

1, 3, 6, 7, 10, 11

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