

## Secondary September 2023 – April 2024 Grab & Go Menu

| <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   |
|--|--|---|--|---|
| Meatball sub   | Roasted Veg Burrito V  | Roast of the day filled cob                               | Quesadilla   | Fish finger sandwich                                      |
| Filled paninis:<br>Cheese V<br>Cheese & ham<br>Tuna melt | Filled paninis:<br>Cheese V<br>Cheese & ham<br>Tuna melt     | Filled paninis:<br>Cheese V<br>Cheese & ham<br>Tuna melt  | Filled paninis:<br>Cheese V<br>Cheese & ham<br>Tuna melt | Filled paninis:<br>Cheese V<br>Cheese & ham<br>Tuna melt  |
| Tikka chicken wrap or panini or served as a rice bowl    | Sweet chilli chicken wrap or panini or served as a rice bowl | Piri piri chicken wrap or panini or served as a rice bowl | Teriyaki chicken wrap or panini or served as a rice bowl | BBQ chicken wrap or panini or served as a rice bowl (NCS) |
| Marinara pasta bowl V                                    | Americana pasta bowl V                                       | Creamy tomato and spinach pasta bowl V                    | Pomodoro pasta bowl V                                    | Macaroni cheese bowl V                                    |
| Pizza slice V  | Pizza slice V  | Pizza slice V   | Pizza slice V  | Pizza slice V   |
| Jacket potatoes with a selection of fillings             | Jacket potatoes with a selection of fillings                 | Jacket potatoes with a selection of fillings              | Jacket potatoes with a selection of fillings             | Jacket potatoes with a selection of fillings              |

Vegan versions available on request

CONTROLLED