

Complete the order/payment via Tuck Shop on the Skippy app before 10pm Saturday for the following week. Y3-6 meals are delivered to classrooms. Y7-13 have the option to order online & collect from the canteen and/or impulse buy from the canteen during breaks with cash or credit card.

\*We are nut-free \*Vegetables are locally sourced where possible \*Bakes are low in sugar/salt \*Sandwiches/wraps contain salad \*Pasta/breads/wraps are whole-wheat \*Wedges & freshly prepared & baked

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lentil C-celery

Choose one snacks & one lunch per day - Lunch options include sides, vegetables & mini bake

## Sunday Snack Options

- 1- Chicken quesadilla G/D/L/C
- 2- Pitta pizza V/G/D/L/C
- 3- Fresh fruit pot VE
- 4- Plain croissant V/G/D/E
- 5- Chocolate croissant V/G/D/E
- 6- Popcorn VE
- 7- Oat cookie V/G/D
- 8- Banana bread V/G/E/D

## Lunch Options

- 1- Beef chow mein G/E
- 2- Vegetable chow mein V/G/E
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C  
All served with steamed vegetables VE & banana bread V/G/E/D
- 4- Chicken mayo sandwich G/E
- 5- Egg salad wrap V/G/E  
Both served with carrot & cucumber sticks VE  
baked lays V/G/D & banana bread V/G/E/D

## Monday

- 1- Chicken quesadilla G/D/L/C
- 2- Pitta pizza V/G/D/L/C
- 3- Fresh fruit pot VE
- 4- Plain croissant V/G/D/E
- 5- Chocolate croissant V/G/D/E
- 6- Popcorn VE
- 7- Oat cookie V/G/D
- 8- Banana bread V/G/E/D

- 1- Oat coated chicken tenders served with baked wedges G/E
- 2- Margarita pizza with baked wedges V/G/D/L/C
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C  
All served with garden salad VE & oat cookie V/G/D
- 4- Tuna salad wrap G/F/E
- 5- Cheese salad sandwich V/G/D/E  
Both served with garden salad VE  
wedges VE & oat cookie V/G/D

## Tuesday

- 1- Chicken quesadilla G/D/L/C
- 2- Pitta pizza V/G/D/L/C
- 3- Fresh fruit pot VE
- 4- Plain croissant V/G/D/E
- 5- Chocolate croissant V/G/D/E
- 6- Popcorn VE
- 7- Oat cookie V/G/D
- 8- Banana bread V/G/E/D

- 1- Chicken katsu curry with rice G
- 2- Jacket potato with baked beans & cheese V/D
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C  
All served with green beans VE & carrot cake V/G/E
- 4- BBQ chicken sandwich G
- 5- Cheese wrap V/G/D  
Both served with carrot & cucumber sticks VE  
popcorn VE & carrot cake V/G/E

## Wednesday

- 1- Chicken quesadilla G/D/L/C
- 2- Pitta pizza V/G/D/L/C
- 3- Fresh fruit pot VE
- 4- Plain croissant V/G/D/E
- 5- Chocolate croissant V/G/D/E
- 6- Popcorn VE
- 7- Oat cookie V/G/D
- 8- Banana bread V/G/E/D

- 1- Lemon & garlic chicken with rice
- 2- Cauliflower macaroni cheese V/G/D
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C  
All served with salad VE & shortbread V/G/D
- 4- Chicken tikka sandwich G
- 5- Roasted vegetable & humus wrap VE/G  
Both served with salad VE  
Corn nachos VE & shortbread V/G/D

## Thursday

- 1- Chicken quesadilla G/D/L/C
- 2- Pitta pizza V/G/D/L/C
- 3- Fresh fruit pot VE
- 4- Plain croissant V/G/D/E
- 5- Chocolate croissant V/G/D/E
- 6- Popcorn VE
- 7- Oat cookie V/G/D
- 8- Banana bread V/G/E

- 1- Chicken hotdog with wedges G
- 2- Spinach & feta quiche with wedges V/G/D/E
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C  
All served with salad VE & beetroot brownie V/G/D/E
- 4- Sweet chili chicken panini G/D
- 5- Cheese & tomato panini V/G/D  
Both served with salad VE & beetroot brownie V/G/D/E

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- 3- Fresh fruit pot VE
- 4- Plain croissant V/G/D/E
- 5- Chocolate croissant V/G/D/E
- 6- Popcorn VE
- 7- Oat cookie V/G/D
- 8- Banana bread V/G/E/D

## Lunch Options

- 1- Swiss beef meatballs in gravy with mash potato G
- 2- Shephardless pie VE
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C  
All served with carrots & peas VE & banana bread V/G/E/D
- 4- Turkey cheese wrap G/D/E
- 5- Egg salad sandwich V/G/E  
Both served with carrot & cucumber sticks VE  
baked lays V/G/D & banana bread V/G/E/D

## Monday

- 1- Chicken quesadilla G/D/L/C
- 2- Pitta pizza V/G/D/L/C
- 3- Fresh fruit pot VE
- 4- Plain croissant V/G/D/E
- 5- Chocolate croissant V/G/D/E
- 6- Popcorn VE
- 7- Oat cookie V/G/D/E
- 8- Banana bread V/G/E/D

- 1- Chicken teriyaki with rice G
- 2- Spinach & feta cannelloni V/G/D/L/C
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C  
All served with garden salad VE & oat cookie V/G/D
- 4- Tuna salad sandwich G/F/E
- 5- Cheese salad wrap V/G/D/E  
Both served with garden salad VE  
Corn nachos VE & oat cookie V/G/D

## Tuesday

- 1- Chicken quesadilla G/D/L/C
- 2- Pitta pizza V/G/D/L/C
- 3- Fresh fruit pot VE
- 4- Plain croissant V/G/D/E
- 5- Chocolate croissant V/G/D/E
- 6- Popcorn VE
- 7- Oat cookie V/G/D
- 8- Banana bread V/G/E/D

- 1- Butter chicken with rice D
- 2- Paneer & vegetable curry with rice V/D
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C  
All served with green beans VE & vanilla slice V/G/E/D
- 4- BBQ chicken & cheese wrap G/D
- 5- Cream cheese & roasted grilled pepper sandwich V/G/D  
Both served with carrot & cucumber sticks VE  
popcorn VE & vanilla slice V/G/E/D

## Wednesday

- 1- Chicken quesadilla G/D/L/C
- 2- Pitta pizza V/G/D/L/C
- 3- Fresh fruit pot VE
- 4- Plain croissant V/G/D/E
- 5- Chocolate croissant V/G/D/E
- 6- Popcorn VE
- 7- Oat cookie V/G/D
- 8- Banana bread V/G/E/D

- 1- Beef chili con carne rice & nachos
- 2- Jacket potato with baked beans & cheese V/D
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C  
All served with salad VE & shortbread V/G/D
- 4- Chicken mayo sandwich G
- 5- Cheese & branstion pickle sandwich V/G/D  
Both served with salad VE  
Bake lays V/G/D & shortbread V/G/D

## Thursday

- 1- Chicken quesadilla G/D/L/C
- 2- Pitta pizza V/G/D/L/C
- 3- Fresh fruit pot VE
- 4- Plain croissant V/G/D/E
- 5- Chocolate croissant V/G/D/E
- 6- Popcorn VE
- 7- Oat cookie V/G/D
- 8- Banana bread V/G/E/D

- 1- Beef burger with wedges G
- 2- Margarita pizza with baked wedges V/G/D/L/C
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C  
All served with salad VE & beetroot brownie V/G/D/E
- 4- BBQ chicken panini G/D
- 5- Tuna melt F/G/D  
Both served with salad VE & beetroot brownie V/G/D/E

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- 5- Chocolate croissant V/G/D/E
- 6- Popcorn VE
- 7- Oat cookie V/G/D
- 8- Banana bread V/G/E/D

## Lunch Options

- 1- Beef stroganoff served with brown rice D
- 2- Gnocchi in tomato, basil & mozzarella sauce V/G/D
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C  
All served with carrots & broccoli VE & banana bread V/G/E/D
- 4- Coronation chicken sandwich G/E/D
- 5- Egg salad wrap V/G/E  
Both served with carrot & cucumber sticks VE  
baked lays V/G/D & banana bread V/G/E/D

## Monday

- 1- Chicken quesadilla G/D/L/C
- 2- Pitta pizza V/G/D/L/C
- 3- Fresh fruit pot VE
- 4- Plain croissant V/G/D/E
- 5- Chocolate croissant V/G/D/E
- 6- Popcorn VE
- 7- Oat cookie V/G/D
- 8- Banana bread V/G/E/D

- 1- Pizza topped chicken with roast potatoes D
- 2- Vegetable moussaka with roast potatoes V/D
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C  
All served with garden peas VE & oat cookie V/G/D/E
- 4- Turkey salad wrap G/E
- 5- Cream cheese & cucumber sandwich V/G/D  
Both served with garden salad VE  
Roast potatoes VE & oat cookie V/G/D

## Tuesday

- 1- Chicken quesadilla G/D/L/C
- 2- Pitta pizza V/G/D/L/C
- 3- Fresh fruit pot VE
- 4- Plain croissant V/G/D/E
- 5- Chocolate croissant V/G/D/E
- 6- Popcorn VE
- 7- Oat cookie V/G/D
- 8- Banana bread V/G/E/D

- 1- Chicken korma with rice D
- 2- Jacket potato with baked beans & cheese V/D
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C  
All served with salad VE
- 4- BBQ chicken sandwich G
- 5- Cheese wrap V/G/D  
Both served with carrot & cucumber sticks VE  
popcorn VE & apple & cinnamon slice V/G/E/D

## Wednesday

- 1- Chicken quesadilla G/D/L/C
- 2- Pitta pizza V/G/D/L/C
- 3- Fresh fruit pot VE
- 4- Plain croissant V/G/D/E
- 5- Chocolate croissant V/G/D/E
- 6- Popcorn VE
- 7- Oat cookie V/G/D
- 8- Banana bread V/G/E/D

- 1- Chicken & vegetable pie with mash potato D
- 2- Broccoli macaroni cheese V/G/D
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C  
All served with broccoli & carrots VE & shortbread V/G/D
- 4- Tuna salad sandwich G/F/E
- 5- Roasted vegetable & humus wrap VE/G  
Both served with salad VE  
Corn nachos VE & shortbread V/G/D

## Thursday

- 1- Chicken quesadilla G/D/L/C
- 2- Pitta pizza V/G/D/L/C
- 3- Fresh fruit pot VE
- 4- Plain croissant V/G/D/E
- 5- Chocolate croissant V/G/D/E
- 6- Popcorn VE
- 7- Oat cookie V/G/D
- 8- Banana bread V/G/E/D

- 1- Chicken twister with wedges G/E
- 2- Vegetable pizza with baked wedges V/G/D/L/C
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C  
All served with salad VE & beetroot brownie V/G/D/E/D
- 4- Chicken mayo panini G/D
- 5- Cheese & fresh tomato sauce panini V/G/D/L/C  
Both served with salad VE & beetroot brownie V/G/D/E/D