

Compass Group NZ Menu - MOE contract Term 1 - Week 1

Menu Name	Menu description	Meal Item	MON	TUE	WED	THU	FRI
Standard	Suitable for Diabetic, Allergy to Nuts, Allergy to Fish, Allergy to Kiwifruit, Allergy to apricots, Allergy to pineapple, based on review of Saffron recipes and NIP panels.	Main	Bacon frittata w onion marmalade RED04451	Roast chicken, Tabbouleh & garlic yoghurt roll RED04229	Roast beef, tomato chutney & salad greens sandwich RED04211	Chicken & Salad Sandwich RED04262	Chicken, carrot, apple & baby spinach pasta salad RED04243
		Snack	Bbq Corn Snacks RED04471	Veg sticks & hummus RED04307	Banana & Bran Muffin RED04453	Anazac cookies RED04454	Fresh n Fruity Strawberry yoghurt
		Fruit	Mandarin	Banana	Apple	Banana	Apple
		Salad	Chickpea, beetroot & carrot salad w feta RED04441	Salad greens & Cucumber RED04233	Potato salad w low fat sour cream dressing RED04214	Cauliflower rice, kidney bean & red cabbage w sesame dressing RED04320	Coleslaw with garlic yoghurt mayo RED04238
Vegetarian	No Meat, Chicken, Fish or Pork products.	Main	Spinach, tomato & feta frittata w onion marmalade RED04450	Falafel, garlic yoghurt & tabbouleh roll RED04232	Edam cheese, tomato chutney & salad greens sandwich RED04212	Hummus & red pepper sandwich w salad greens RED04263	Roast veg penne w sundried tomato salad RA03376
		Snack	Bbq Corn Snacks RED04471	Veg sticks hummus RED04307	Banana & Bran Muffin RED04453	Anazac cookies RED04454	Dewinkle plain unsweetened yoghurt
		Fruit	Mandarin	Banana	Apple	Banana	Apple
		Salad	Chickpea, beetroot & carrot salad with feta RED04441	Salad greens & Cucumber RED04233	Potato salad w <u>vegetarian dressing</u> RED04530	Cauliflower rice, kidney bean & red cabbage w sesame dressing RED04320	Coleslaw with garlic yoghurt mayo RED04238
Vegan	No animal products	Main	Cheese & tomato pizza RED04527	Falafel, garlic mayo & baby spinach roll (Allergywise roll) RED04509	Curry chickpea sandwich (Allergywise bread) RED04506	Hummus & red pepper sandwich w salad greens RED04512	Roast veg penne w sundried tomato salad RED04510
		Snack	Bbq Corn Snacks RED04471	Veg sticks hummus RED04307	Mixed dried fruit RED04508	Cranberry & Coconut Bliss bite RED04514	CoYo Coconut yoghurt RED04501
		Fruit	Mandarin	Banana	Apple	Banana	Apple
		Salad	Chickpea, beetroot & carrot salad (no feta) RED04505	Salad greens & Cucumber RED04233	Potato salad w vegan mayo & herbs RED04507	Cauliflower rice, kidney bean & red cabbage (french dressing) RED04513	Coleslaw with <u>vegan mayo</u> RED04511
No Red Meat	No Beef, Lamb or Pork	Main	Spinach, tomato & feta frittata w onion marmalade RED04450	Roast chicken, Tabbouleh & garlic yoghurt roll RED04229	Edam cheese, tomato chutney & salad greens sandwich RED04212	Chicken & Salad Sandwich RED04262	Chicken, carrot, apple & baby spinach pasta salad RED04243
		Snack	Bbq Corn Snacks RED04471	Veg sticks hummus RED04307	Banana & Bran Muffin RED04453	Anazac cookies RED04454	Fresh n Fruity Strawberry yoghurt
		Fruit	Mandarin	Banana	Apple	Banana	Apple
		Salad	Chickpea, beetroot & carrot salad with feta RED04441	Salad greens & Cucumber RED04233	Potato salad w low fat sour cream dressing RED04214	Cauliflower rice, kidney bean & red cabbage w sesame dressing RED04320	Coleslaw with garlic yoghurt mayo RED04238
No Pork/Halal suitable	No Pork containing ingredients e.g. ham, Pork, Bacon, Gelatine. Halal suitable - meats halal certified, no pork, only halal cert. gelatine, vegetable rennet only.	Main	Spinach, tomato & feta frittata w onion marmalade RED04450	Roast chicken, Tabbouleh & garlic yoghurt roll RED04229	Edam cheese, tomato chutney & salad greens sandwich RED04212	Chicken & Salad Sandwich RED04262	Roast veg penne w sundried tomato salad RA03376
		Snack	Bbq Corn Snacks RED04471	Veg sticks hummus RED04307	Banana & Bran Muffin RED04453	Anazac cookies RED04454	Dewinkle plain unsweetened yoghurt
		Fruit	Mandarin	Banana	Apple	Banana	Apple
		Salad	Chickpea, beetroot & carrot salad with feta RED04441	Salad greens & Cucumber RED04233	Potato salad w <u>vegetarian dressing</u> RED04530	Cauliflower rice, kidney bean & red cabbage w sesame dressing RED04320	Coleslaw with garlic yoghurt mayo RED04238
Gluten Free	No Gluten containing ingredients. e.g. wheat,	Main	Cheese & tomato pizza (Gluten Free pizza base) RED04527	Falafel, garlic mayo & baby spinach roll (Allergywise bread roll) RED04509	Curry chickpea sandwich (Allergywise bread) RED04506	Hummus & red pepper sandwich w salad greens (Allergywise bread) RED04512	Roast veg penne w sundried tomato salad (GF pasta) RED04510
		Snack	Bbq Corn Snacks RED04471	Veg sticks hummus RED04307	Mixed dried fruit RED04508	Cranberry & Coconut Bliss bite RED04514	Fresh n Fruity Strawberry yoghurt

	barely, rye or oats.	Fruit	Mandarin	Banana	Apple	Banana	Apple
		Salad	Chickpea, beetroot & carrot salad with feta RED04441	Salad greens & Cucumber RED04233	Potato salad w low fat sour cream dressing RED04214	Cauliflower rice, kidney bean & red cabbage w <u>French Dressing</u> RED04513	Coleslaw with garlic yoghurt mayo RED04238
Allergy to Milk	No cows milk or cow's milk containing ingredients (i.e. no dairy products)	Main	Cheese & tomato pizza RED04527	Falafel, garlic mayo & baby spinach roll (Allergywise bread) RED04509	Roast beef, tomato chutney & salad greens sandwich RED04211	Hummus & red pepper sandwich w salad greens RED04263	Roast veg penne w sundried tomato salad (GF pasta) RED04510
		Snack	Bbq Corn Snacks RED04471	Veg sticks hummus RED04307	Mixed dried fruit RED04508	Anzac cookies RED04454	CoYo Coconut yoghurt RED04501
		Fruit	Mandarin	Banana	Apple	Banana	Apple
		Salad	Chickpea, beetroot & carrot salad (<u>no feta</u>) RED04505	Salad greens & Cucumber RED04233	Potato salad w vegan mayo & herbs RED04507	Cauliflower rice, kidney bean & red cabbage w sesame dressing RED04320	Coleslaw with <u>vegan mayo</u> RED04511
Allergy to Egg	No eggs or egg containing ingredients	Main	Cheese & tomato pizza RED04527	Roast chicken, Tabbouleh & garlic yoghurt roll RED04229	Roast beef, tomato chutney & salad greens sandwich RED04211	Hummus & red pepper sandwich w salad greens RED04263	Chicken, carrot, apple & baby spinach pasta salad RED04243
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