

# LUNCH MENU / PRIMARY SCHOOL

## MARCH 2020

### COSTS

- Set meals are priced at \$5.00.
- Set meal includes vegetable/salad and fruits/dessert.

*All items while stock last*

### PAYMENT

- Canteen accepts payment by cash or ID card. If paying by ID card, please ensure there is always sufficient fund in the card.
- Top-up can be done online with credit/debit cards.

### MORE OPTIONS

- Pasta of the day will be added as the 4th choice on days when there is no pasta option.
- Al a carte deli bar options: A new range of assorted deli bar options (\$2.20-\$6.00)

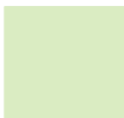
## WEEK 1

	2 MONDAY	3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 FRIDAY
<b>Western main</b>	V - Fusilli with Zucchini, Tomatoes and Mozzarella (G,D)	Pork Casserole with mashed potatoes, Broccoli & Cauliflower		Sausage bake with roasted gnocchi (G)	Baked fish with herbs and olive oil baked pomme frites with celery & cucumber sticks (G,E)
<b>Asian main</b>	Asian spiced pork Rissoles served with brown rice and vegie crudites (G,E)	Hainanese Chicken Rice (G-Soya)	<b>Parent-Teacher Conference</b>	V - Assorted Vegetable Tempura with Japanese Rice (carrots, eggplants, sweet potatoes, beet root) (G,E)	Sweet and sour chicken with brown rice and Chinese greens (G)
<b>Sandwich or Sushi main</b>	Tuna Wrap with Salad & Baby Tomatoes (G)	V- Hummus toasted w/meal pita bread and vegie crudite dippers (G, Sesame)		Tikka chicken wrap with salad (T)	V- Maki sushi with egg & vegie fried brown rice (G, E)
<b>Plus fruit choice</b>	Orange or cut up apples	Ginger Breadman (G,D,E)		Whitehouse cookie (G,E)	Oat and raisin cookie (D,E,G)

## WEEK 2

	9 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY
<b>Western main</b>	V - Macaroni with Pumpkin, pea & Cheese (G, D)	Home-made chicken nuggets with olive oil baked chips (G,D,E)	V -Vegetarian Burger (chickpeas) on a grainy homemade bun and vegie crudites (G, E)	Slow Cooker Pork Loin Roast with mashed potatoes and green beans (G-Gravy)	Cajun-spiced chicken with Beetroot and Roast potatoes
<b>Asian main</b>	Kerala Beef Stewed with Lentils served with mashed potatoes and vegie crudites (G,T)	Gyudon Beef (Yoshinoya) served with Japanese rice and cucumber sticks	Stir fry chicken with ginger and sesame oil served with brown rice and long beans (G, Sesame)	Chicken fried rice with pumpkin & veg crudite	Fish Tikka with cucumber, yoghurt and Naan (G,D)
<b>Sandwich or Sushi main</b>	Chicken and salad sandwich with cheese stick, celery & cucumber sticks (G)	V- Combi sushi with tofu noodles & vegie crudite (G,E)	Pita Pockets with Tuna & sweet corn & Veg Crudite (G)	V- Toasted cheese sandwich with humus pot & vegetable crudite (G,E)	V - Cheese wheels with vegie crudite and ranch dipper (G,D)
<b>Plus fruit choice</b>	Orange or cut up apples	Watermelon or Honeydew	Seasonal Fruits or cut-up apple	Apple & orange	Banana Bread

\*Contains Egg -E, Dairy -D, Gluten -G, Peanut -P or Treenut -T

 Vegetarian

# WEEK 3

	16 MONDAY	17 TUESDAY	18 WEDNESDAY	19 THURSDAY	20 FRIDAY
<b>Western main</b>	Chicken Fajitas (G,D)	V - Mixed Omelette with tomatoes, cheese and mushroom served with homemade bread rolls and Edamame (E)	Pork Bratwurst in wholemeal bun with potatoe & pea salad with vegie crudites (G,E)	Swedish meatballs with pasta twirls & Veg Crudites (G, D-optional cheese)	Homemade fish goujons and olive oil baked pomme frites with steamed vege and broccoli. (G,E)
<b>Asian main</b>	Pork Katsu with Yaki Udon and vegie crudites (G,E)	Beef Rendang served with brown rice and vegie crudites	V - Korean Style Curry rice with potatoes & carrot (G)	V - Pumpkin and Lentil Curry served with Naan and vegie crudites (G)	Lamb stew with carrots served with mashed potatoes and vegie crudites (G)
<b>Sandwich or Sushi main</b>	V - Mild Curry Egg Sandwich Finger (G,E)	Chicken and salad sandwich with cheese stick, celery & cucumber sticks (G)	Ham,Cheese & Salad on a freshly Baked Breadroll with veg crudite (G,D)	Roasted chicken wrap with Salad, cheese sticks, celery and cucumber sticks (G,D-dressing))	V - Cheese Toasted /veg stick & Hummus (G, D, Sesame)
<b>Plus fruit choice</b>	Orange or cut up apples	Orange or Watermelon	Ginger Breadman (G,D,E)	Raisin or banana	Wholesome choc brownie (G,E)

# WEEK 4

	23 MONDAY	24 TUESDAY	25 WEDNESDAY	26 THURSDAY	27 FRIDAY
<b>Western main</b>	V - Buttenut Squash Risotto with Parmesan (G,D)	Chili Con Carne with Homemade Bread roll & Vege Crudite (G,Beef)	Gammon Ham Pizza on a Grainy Crust with sprinkle of red & green pepper/salad (G,D)	Basil Roast Chicken with green beans and baby jacket potatoes	V - Gnocchi and Tomato Bake with vegie crudites
<b>Asian main</b>	Indonesian Fried Rice with chicken and vegie crudites (E)	Asian Char Siew Pork Fillet with Rice & Cabbage	V- Hongkong fried noodle with egg, carrot, red capsicum, bean sprout, tofu, mushroom. (G,E)	V-Lentils Dhal and Basmati Rice (G)	Teo Chew style steam fish served with brown rice and French beans
<b>Sandwich or Sushi main</b>	Tuna Wrap with Salad & Baby Tomatoes (G)	V- Combi sushi with tofu noodles & vege crudite (G,E)	Ham,Cheese & Salad on a freshly Baked Breadroll with veg crudite (G,D)	V- Hummus toasted w'meal pita bread and vege crudite dippers (G, Sesame)	Tikka chicken wrap with salad (T)
<b>Plus fruit choice</b>	Orange or cut up apples	Watermelon or Honeydew	Raisin or Banana	Apple & orange	Oat and raisin cookie (D,E,G)

# WEEK 5

	30 MONDAY	31 TUESDAY			
<b>Western main</b>	Beef Moussaka, sweet-potato based with eggplants (G,D,E)	V - Baked Veggies, Beans & Cheese Casserole served with butter corns and short pasta (G,D)			
<b>Asian main</b>	Honey & Garlic Chicken Drumsticks with brown rice, carrot & snow pea	Stir-fry black pepper beef with Broccoli with Chinese greens & brown rice (G)			
<b>Sandwich or Sushi main</b>	V- Toasted cheese sandwich with humus pot & vegetable crudite (G,E)	Tuna sushi with tofu noodles & vege crudite (G,E)			
<b>Plus fruit choice</b>	Orange or cut up apples	Orange or Watermelon			

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 Vegetarian