

LUNCH MENU / PRIMARY SCHOOL

SEPTEMBER 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.
- A la carte deli bar options: A new range of assorted deli bar options (\$2.20-\$6.00)

WEEK 1

	1 TUESDAY	2 WEDNESDAY	3 THURSDAY	4 FRIDAY
Western main	Home-made chicken nuggets with olive oil baked chips and Beetroots (G,E)	Pepperoni Pizza with red & green pepper sprinkles on a grainy crust with salad & vege crudite (G,D)	Beef Moussaka (G,E,D)	Homemade fish goujons olive oil baked pomme frites with green salad and baby tomatoes (G,E)
Asian main	Thai Green curry Beef with brown rice and vege crudites (T)	V- Hongkong fried noodle with egg, carrot, red capsicum, bean sprout, tofu, mushroom. (G,E)	Asian spiced pork Rissoles served with brown rice and vege crudites (G,E)	Hunter stew (pork) with pasta & Veg crudite (G)
Sandwich or Sushi main	V- Combi sushi with tofu noodles & vege crudite (G,E)	Tuna homemade sandwich in a grain enriched roll with vege crudite (G)	V - Cheese Toasted /vege stick & Hummus (G, D, Sesame)	V- Maki sushi with egg & vege fried brown rice (G, E)
Plus fruit choice	Watermelon or honeydew melon	Raisin or Banana	Apple & Orange	Oat and raisin cookie (D,E,G)

WEEK 2

	7 MONDAY	8 TUESDAY	9 WEDNESDAY	10 THURSDAY	11 FRIDAY
Western main	Chicken Cordon Bleu with baked frites and stick carrots (G,D,E)	V -Rigatoni with peas, asparagus and Ricotta cheese (G,D)	Beef Burrito (G,D)	V - Melted Cheese, Beans, carrot and grated courgette quesadillas & baked corn chips with baby tomatoes & vege crudite (G)	Roasted Basil Chicken with red peppers and Unpolish Rice (T)
Asian main	Honey Glazed Crispy Pork Stir Fry with Capsicum served with brown rice	Madras Beef & Potatoes Curry with Brown Rice (G,T)	V - Palak Paneer with Naan (G,D)	Gyudon Beef (Yoshinoya) served with Japanese rice and cucumber sticks (G,E)	Fish Tikka with cucumber, yoghurt and Naan (G,D)
Sandwich or Sushi main	V - Cheese wheels with vege crudite and ranch dipper (G,D)	Roast chicken, chopped cucumber and mayo sandwich fingers with carrot sticks (G,D)	Tuna homemade sandwich in a grain enriched roll with vege crudite (G)	Chicken and salad sandwich with cheese stick, celery & cucumber sticks (G)	V- Combi sushi with tofu noodles & vege crudite (G,E)
Plus fruit choice	Orange or cut up apples	Watermelon or honeydew melon	Cut up oranges or apple	Raisin or Banana	Ginger Breadman Cookie

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

 Vegetarian

WEEK 3

	14 MONDAY	15 TUESDAY	16 WEDNESDAY	17 THURSDAY	18 FRIDAY
Western main	V - Fusilli with Zucchini, Tomatoes and Mozzarella (G)	W'meal crumbed Pork Schnitzel with Peas and Roast Potato (G,E)	Homemade Cheeseburger and olive oil baked pomme frites with green salad and baby tomatoes (G,E)	Indian Butter Chicken with Naan, Cauliflower & Pickle Veg (G, D-optional cheese)	Swedish meatballs with pasta twirls & Veg Crudites (G, D-optional cheese)
Asian main	Stir-fry Chicken with lemongrass sauce served with rice and Chinese greens (G)	Sweet and sour fish served with rice and Chinese greens	V - Foo Yong Egg with brown rice and Edamame (E)	Char siew pork with broccoli and brown rice (G)	Teriyaki Fish Fillet and olive oil baked pomme frites with green salad and baby tomatoes (G,E)
Sandwich or Sushi main	Pita Pockets with Tuna & sweet corn & Veg Crudite (G,D)	V- Maki sushi with egg & vege fried brown rice (G, E)	Chicken, Lettuce & Ranch-Dressed wrap (G,D)	V- Combi sushi with tofu noodles, Chinese Coleslaw (G,E)	V - Mild Curry Egg Sandwich Finger (G,E)
Plus fruit choice	Orange or cut up apples	Orange or Watermelon	Watermelon or honeydew	Orange or Watermelon	Banana Bread (D,E,G)

WEEK 4

	21 MONDAY	22 TUESDAY	23 WEDNESDAY	24 THURSDAY	25 FRIDAY
Western main	Agllo Olio with Italian sausage (G)	Honey Baked Ham with roast potatoes & Beetroots	Pork Bratwurst in wholemeal bun with potato & pea salad with vege crudite (G,E)	Gammon Ham pizza with red & green pepper sprinkles on a grainy crust with salad & vege crudite (G,D)	Fish Parmigiana with pasta, salad and baby tomatoes (G,E)
Asian main	Mongolian Beef Meatballs with Broccoli & brown rice (G)	V - Lentil Dhal Curry with Naan (G,D)	Thai basil minced chicken rice with steamed broccoli & cauliflower	V - Tofu Tikka Masala with Briyani Rice and vege crudites	Indian Butter Chicken with Basmati rice, Cauliflower & Pickle Veg (G, D-optional cheese)
Sandwich or Sushi main	V -Toasted Cheese Sandwich with Salad (G,D)	Ham,Cheese & Salad on a freshly Baked Breadroll with veg crudite (G,D)	V - Cheese wheels with vege crudite and ranch dipper (G,D)	Tuna homemade sandwich in a grain enriched roll with vege crudite (G)	V- Combi sushi with tofu, noodles, carrot & cucumber sticks (G,E)
Plus fruit choice	Orange or cut up apples	Orange or Watermelon	Watermelon or Honeydew	Raisin or banana	Wholesome choc brownie (G,E)

WEEK 5

	28 MONDAY	29 TUESDAY	30 WEDNESDAY		
Western main	V - Pesto Pasta with cherry tomatoes (G,T)	Beef Picadillo w/ Potatoes and wholemeal buns (G)	Irish Beef Stew with pasta & green beans (G-gravy)		
Asian main	Hainanese Chicken Rice with cucumber sticks (G)	V - Chickpeas and Tofu Curry served with Naan and vege crudites (G)	Honey & Garlic Chicken wingsticks with Unpolished Rice, Carrot & snow pea		
Sandwich or Sushi main	Chicken and salad sandwich with cheese stick, celery & cucumber sticks (G)	Roasted chicken wrap with Pickle Veg (G,D)	V- Hummus toasted w'meal pita bread and vege crudite dippers (G, Sesame)		
Plus fruit choice	Orange or cut up apples	Apple & orange	Orange or cut up apples		

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 Vegetarian