

LUNCH MENU / PRIMARY SCHOOL

JUNE 2022

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)

***All pastries served in canteen contain G,D,E*

WEEK 1

	1				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Western main			V - Mixed omelette with tomatoes, cheese and mushroom served with homemade grainy buns (E,D,G)	Home-made popcorn chicken with olive oil baked chips (G,E)	Baked fish with herbs and olive oil baked mashed potatoes with celery & cucumber sticks (D)
Asian main			Hainanese Chicken Rice (G, sesame)	Chicken fried rice with pumpkin (G,E)	V - Palak Paneer with Naan (G,D)
Sandwich or Sushi main			Ham & Cheese wheels with veggie crudite and salsa dipper (G,D,E)	V- Maki sushi with egg & veggie fried brown rice (G, E)	Tuna homemade sandwich in a grain enriched roll with veggie crudite (G,D,E)
Plus fruit choice			Apple & orange	Banana Bread (G,D,E)	Oat and raisin cookie (G,D,E)

WEEK 2

	6				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Western main	V -Penne With Red Lentil & Tomatoes Sauce & Cheese Sprinkles (G, D)	Herbs de Provence roast chicken with green beans & baby jacket roasted potatoes	V -Vegetarian Burger (chickpeas) on a grainy homemade bun and veggie crudite (G,E)	Homemade Chicken Nuggets with olive oil baked chips (G,E)	Grilled Meatloaf with mashed potatoes and cream spinach (G-gravy,D)
Asian main	Thai Basil minced chicken with flat noodles and Broccoli (G)	V - Korean Style Curry rice with potatoes & carrot (G,D)	Kerala Beef stewed with Lentils served with swirl pasta and carrots (G)	V- Hongkong fried noodle with egg, carrot, red capsicum, bean sprout, tofu, mushroom. (G,E)	Homemade fish goujons with Broccoli and roast baby potatoes (G,E)
Sandwich or Sushi main	Roasted chicken wrap with Salad, cheese sticks, celery and cucumber sticks (G,E,D-dressing)	Tuna Wrap with Salad & Baby Tomatoes (G,E)	Tuna & cream cheese maki sushi with veggie noodles, carrot & celery sticks (G,E,D)	Chicken, Lettuce & Salsa-Dressed wrap (G,D,E)	V - Cheese Toasted /veg stick & Hummus (G, D, Sesame)
Plus fruit choice	Orange or cut up apples	Watermelon or Honeydew	Raisin or Banana	Apple & orange	Banana Bread (G,D,E)

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

 Vegetarian

WEEK 3

	13	14	15	16	17
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Western main	Honey Baked Ham served with roast potatoes and vegie crudites (G-Gravy, D)	V- Cheesy pizza with red & green pepper sprinkles on a grainy crust with salad & vege crudite (G,D)	Pork Bratwurst in wholemeal bun with potato salad (G,D,E)	Gnocchi Bolognaise with Spinach (G,D,E)	Pork Schnitzel with baked Potatoes and veggie crudities (G,E)
Asian main	Chicken fried rice (G,E)	Stir-fry Chicken with Lemongrass sauce with brown rice and Chinese greens (G)	Chicken and Pumpkin Korma curry with Pratha and vegie crudites (G,D)	V - Chickpeas and Tofu Curry served with Brown rice and vegie crudites (G,D)	Fish Tikka with cucumber, yoghurt and Naan (G,D)
Sandwich or Sushi main	V- Hummus toasted w/meal pita bread and vege crudite dippers (G, Sesame)	Ham,Cheese & Salad on a freshly Baked Breadroll with veg crudite (G,D,E)	V - Toasted cheese sandwich with humus pot & vegie crudites (G,D, Sesame)	Tikka chicken wrap with salad (G,D,E)	V - Cheese wheels with vege crudite and salsa dipper (G,D,E)
Plus fruit choice	Orange or cut up apples	Orange or Watermelon	Banana Bread (G,D,E)	Raisin or banana	Wholesome choc brownie (G,D,E)

WEEK 4

	20	21	22	23	24
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Western main	Grilled Pesto Chicken with pasta (G,D,E,T)	V - Fusilli with Zucchini, Tomatoes and Mozzarella (G,D)	Homemade Cheeseburger and olive oil baked pomme frites with green salad and baby tomatoes (G,D,E)	Chicken, cheese, carrot and grated courgette quesadillas (G,D)	
Asian main	Sweet and sour chicken with cucumber sticks and brown rice (G)	Braised Beef with Noodle and Brocoli (G)	Chicken & Pumpkin Curry with rice and beans	V - Dumpling with vegetable filling, shredded carrot and radish (G)	Last day of School
Sandwich or Sushi main	V - Mild Curry Egg Sandwich Finger (G,E)	Tuna sushi with tofu noodles & vege crudite (G,E)	V - Cheese Toasted /veg stick & Hummus (G, D, Sesame)	Tikka chicken wrap with salad (G,D,E)	Half Day
Plus fruit choice	Apple and Orange	Watermelon or Honeydew	Raisin or banana	Ginger Breadman (G,D,E)	

WEEK 5

	27	28	29	30	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
Western main					
Asian main	Summer Holiday	Summer Holiday	Summer Holiday	Summer Holiday	
Sandwich or Sushi main					
Plus fruit choice					

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Vegetarian