

LUNCH MENU / PRIMARY SCHOOL

DECEMBER 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	2	3	4	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Western main		V - Mixed omelette with tomatoes, cheese and mushroom and roast potatoes and Edamame (E,D)	Grilled Meatloaf, mashed potatoes and cream spinach (D)	Chicken, cheese, carrot and grated courgette quesadillas with side green salad (G,D)	Gammon Ham Pizza on a Grainy Crust with sprinkle of red & green pepper/salad (G,D)
Asian main		Black Pepper Chicken with rice and Asian greens (G)	Beef Rendang served with rice and vegie crudites	V - Dumpling with vegetable filling, shredded carrot and radish with Japanese Udon(G,E)	Sweet and sour fish served with rice and Chinese Green
Sandwich or Sushi main		V- Combi sushi with chinese coleslaw and tofu noodles ks (G,D,E)	V- Toasted cheese sandwich with humus pot & vegetable crudite (G,E)	Tuna Wrap with Salad & Baby Tomatoes (G)	V- Maki sushi with egg & vege fried brown rice (G, E)
Plus fruit choice		Watermelon or Honeydew	Raisin or Banana	Apple & orange	Banana bread

WEEK 2

	7	8	9	10	11
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Western main	V - Chickpeas and Tofu Curry with Naan and vegie crudites (G)	Homemade Cheeseburger and olive oil baked pomme frites with green salad and baby tomatoes (G,D)	German Pork Bratwurst with potato salad (G)	V - Ravioli with roasted vegetables in tomato sauce and homemade bread rolls (G)	Chili Con Carne (Beef) with brown rice and baby corns (G)
Asian main	Stir-fry Chicken with lemongrass sauce served with brown rice and Chinese greens (G)	V - Hongkong fried noodle with egg, carrot, red capsicum, bean sprout, tofu and mushroom (G,E)	Indian butter chicken with Naan and vegie crudites (G,D)	Hainanese Chicken Rice with cucumber sticks (G-soy)	Baked Salmon with Basil and Tomatoes with roast potatoes and baby tomatoes
Sandwich or Sushi main	Ham & Cheese wheels with vegie crudite and ranch dipper (G,D)	Tuna homemade sandwich in a grain enriched roll with vegie crudite (G)	V- Hummus toasted w'meal pita bread and vegie crudite dippers (G, Sesame)	Chicken, Lettuce & Ranch Dressed wrap (G)	V- Combi sushi with chinese coleslaw and tofu noodles ks (G,D,E)
Plus fruit choice	Orange or Watermelon	Banana or cut up apples	Pineapple & Orange	Watermelon or honeydew melon	Oat and raisin cookie (D,E,G)

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

 Vegetarian

WEEK 3

	14 MONDAY	15 TUESDAY	16 CHRISTMAS SPECIALS	17 THURSDAY	18 FRIDAY
Western main	Grilled Pesto Chicken and olive oil baked pomme frites and vegie crudites (T)	V - Fusilli with Zucchini, Tomatoes and Mozzarella (G,D)	Christmas Roast Turkey with gravy, Cranberry sauce (optional) served with mashed potatoes and French beans (G-gravy)	School Break-up	School Holiday
Asian main	V - Char Kway Teow with stir-fry tofu and bean sprouts (G,E)	Gyudon Beef (Yoshinoya) served with rice and Japanese cucumber sticks (G,E)	Honey Baked Ham with roast potatoes & green beans	Howe Catering wishes you a	18 Dec - 8 Jan 2020
Sandwich or Sushi main	Tikka chicken wrap with salad (T)	V- Toasted cheese sandwich with humus pot & vegetable crudite (G,E)	V- Pesto pasta with cherry tomatoes (G,T)	Merry Christmas and Happy New Year!	
Plus fruit choice	Orange or cut up apples	Raisins or Banana	Christmas star gingerbread and red grapes (G,E,D)		

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Western main					
Asian main					
Sandwich or Sushi main					
Plus fruit choice					

WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Western main					
Asian main					
Sandwich or Sushi main					
Plus fruit choice					

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



Vegetarian