

# LUNCH MENU / SECONDARY SCHOOL

## MARCH 2020

### MEALS

- Meal includes a choice of vegetable and rice or potatoes
- Rice served will be Basmati or Brown Rice.
- All breads products, including pizza bases, are wholemeal.

*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.

### NOTE

- Take-away boxes/plastic bags will be charged \$0.30

### SERVED DAILY

- **Sandwich Bar - \$ 5**  
Roast of the Day, Egg, Tuna, Chicken, Cheese, Ham, Vegetable, Bacon, Salami (D,E,G)
- **Salad Bar - \$ 6**  
Mozarella cheese, red/green capsicum, cherry tomatoes, lettuce, romaine lettuce, onion, celery, corn kernel, purple cabbage, carrot, beetroots, eggs, pumpkin seeds, chick pea, with Italian sauce/Thai sauce/Olive oil
- **Al a carte deli bar options - \$2.20 - \$6**  
A new range of assorted deli bar options
- **Chef Special of the Day - \$ 5 or \$ 6**

## WEEK 1

		2 MONDAY	3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 FRIDAY
<b>Western main</b>	<b>\$6</b>	V - Black beans and Spinach Enchilladas (G,D)	Pork Casserole	Chicken Tetrizzini (G,D)	Sausage bake with roasted Gnocchi (G)	Beef Goulash
<b>Asian main</b>	<b>\$6</b>	Asian spiced pork Rissoles (G,E)	Hainanese Chicken Rice (G)	V - Dumpling with vegetable filling, shredded carrot and radish (G,E)	V - Assorted Vegetable Tempura (G,E)	Sweet and sour chicken (G)
<b>Roast</b>	<b>\$6</b>	Thyme and Lemon Roast Chicken	Schweinebraten	Roast Lamb (G-Gravy)	Honey Baked Ham	BBQ Pork Ribs
<b>Fish</b>	<b>\$6</b>	Garlic Butter Fish (D)	Goam Curry Fish	Sweet and sour Fish (G)	Teriyaki Fish	Baked fish with Herbs
<b>Pasta</b>	<b>\$5 or 6</b>	V - Fusilli with Zuchinni, Tomatoes and Mozzarella (G,D)	Tuna Arrabiata (G)	V - Spinach and Sun-dried Tomato (D)	V - Macaroni and Cheese (G,D)	V - Aglio Olio with Mushroom
<b>Slice of Pizza</b>	<b>\$2.50</b>	Beef Taco Pizza (G,D)	V - Mushroom and Zuchinni Pizza (G,D)	Gammon Ham Pizza (G,D)	Hawaiian Pizza (G,D)	Pepperoni Pizza (G,D)
<b>Noodle/Rice</b>	<b>\$5</b>	V - Kimchi Pancake ( G,E)	V - Spinach Quiche ( E)	Thai basil pork and Broccoli with flat noodles	V - Vegetable Spring Rolls (G)	V - Laksa Vegetable curry (contain dried shrimp)

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

 Vegetarian

## WEEK 2

		9	10	11	12	13
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Western main</b>	<b>\$6</b>	Chicken Chimichanga with salsa and lite cream (G,D)	Homemade Chicken Nuggets (G,E)	V -Vegetarian Burger on a grainy homemade bun (G, E)	Beef Picadillo w/ Potatoes	Beef Stroganoff (G,D)
<b>Asian main</b>	<b>\$6</b>	Kerala Beef Stew w/ Lentils (G,T)	Gyudon Beef (Yoshinoya)	Chicken in ginger and sesame oil and long beans (Sesame)	V - Egg Balado ( E)	Masala Chicken
<b>Roast</b>	<b>\$6</b>	Roast Turkey (G)	Roast Pork Rib with Char Siew Sauce (G)	Pork Knuckle (Schweinshaxe) w/ Sauerkraut	Slow Cooker Pork Loin Roast	Cajun Chicken
<b>Fish</b>	<b>\$6</b>	Baked Fish Hongkong Style	Fish with Fermented Bean sauce (G)	Grilled fish with Mediterranean sauce	Stir-fry Ginger and Leek Fish	Fish Tikka
<b>Pasta</b>	<b>\$5 or 6</b>	V - Macaroni with Pumpkin, pea & Cheese (G, D)	V - Vegetarian Herb Pasta (G)	Bacon and Ham Carbonara (G,D)	V - Eggplant Lasagne (G,D,E)	V - Tomato and Mozzarella bake (G,D)
<b>Slice of Pizza</b>	<b>\$2.50</b>	V - Roasted Vegetables Pizza (G,D)	V - Onion and Capsicum (G,D)	Gammon Ham Pizza (G,D)	V - 4 Cheese Pizza (G,D)	Minced Beef Pizza (G,D)
<b>Noodle/Rice</b>	<b>\$5</b>	Steamed Chinese pork buns (G, Sesame oil)	Baked Yam with Pork	V - Aloo Gobi Tikki (G)	Chicken fried rice with pumpkin & veg crudite ( E)	V- Vegetarian Phad Thai (E,T)

## WEEK 3

		16	17	18	19	20
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Western main</b>	<b>\$6</b>	Chicken Fajitas (G,D)	V - Mixed Omelette with tomatoes, cheese and mushroom ( E)	Pork Bratwurst in wholemeal bun (G)	V - Ratatouille	Lamb Stew (G)
<b>Asian main</b>	<b>\$6</b>	Pork Katsu (G,E)	Beef Rendang	Stir-fry Chicken with lemongrass sauce (G)	V - Pumpkin and Lentil Curry	Vegetable/chicken curry w/ prata
<b>Roast</b>	<b>\$6</b>	Roast Lamb (G-Gravy)	Schweinebraten	Roast Marjoram Garlic Chicken	Tandoori Chicken	Roast Beef (G-Gravy)
<b>Fish</b>	<b>\$6</b>	Fish Parmigiana (G,D,E)	Nonya Assam Fish Curry	Salmon with Italian Dressing	Thai Style chilli and soy Fish	Fish & Chips (G,E)
<b>Pasta</b>	<b>\$5 or 6</b>	Sausage Gumbo Pasta (G)	V - Macaroni with Pumpkin, pea & Cheese (G, D)	V -Pesto Pasta (G,D,T)	Swedish meat ball pasta (G,D)	Ham and Bacon Creamy Pasta (G,D)
<b>Slice of Pizza</b>	<b>\$2.50</b>	V - Mushroom & Zucchini Pizza (G,D)	V -Cheese Pizza with capsicum (G,D)	BBQ Chicken Pizza (G,D)	V- Pizza Margherita (G,D)	V- Mozzarella and Basil (G,D)
<b>Noodle/Rice</b>	<b>\$5</b>	V - Vegetarian Yaki Udon (G,E)	Minced Pork Phad Thai (G,E)	V - Korean Style Curry rice with potatoes & carrot (G)	Nasi Lemak (coconut fragrance rice)(G,E)	V - Palak Paneer with Naan (G,D)

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# WEEK 4

		23 MONDAY	24 TUESDAY	25 WEDNESDAY	26 THURSDAY	27 FRIDAY
<b>Western main</b>	<b>\$6</b>	Beef Tacos (G,D)	Chili Con Carne (Beef)	Lamb Vindaloo with Chickpeas	V - Breaded Portobello Mushrooms (G)	Frittata with Ham ( E)
<b>Asian main</b>	<b>\$6</b>	Szechuan Chicken	Char Siew Pork	V - Egg Balado ( E )	Pork Dumpling with vegetable filling, shredded carrot and radish (G,E)	Chicken Korma Curry
<b>Roast</b>	<b>\$6</b>	BBQ Pork Ribs	Honey Baked Ham	Roast Beef (G-Gravy)	Basil Roast Chicken	Roast Crispy skin Pork
<b>Fish</b>	<b>\$6</b>	Mediterranean Fish Casserole	Thai Green Curry Fish (G)	Baked Salmon with Italian dressing	Assam Garam Fish Curry	Teo Chew Style steam fish
<b>Pasta</b>	<b>\$5 or 6</b>	V - Buttenut Squash Risotto with Parmesan (G,D)	V - Mushroom Aglio Ollio (G, D-cheese optional)	V - Cauliflower and Broccoli Carbonara (G,D,E)	V - Tomatoes and Mozzarella bake pasta (D,G)	V - Gnocchi and Tomato Bake
<b>Slice of Pizza</b>	<b>\$2.50</b>	V - Neapolitan Pizza (Mozzarella & tomato sauce & basil) (G,D)	Pepperoni Pizza (D,G)	Gammon Ham Pizza (G,D)	Tuna and Sweet Corn Pizza (G,D)	V - Pizza Margherita (G,D)
<b>Noodle/Rice</b>	<b>\$5</b>	Nasi Goreng with Chicken	V - Thai Pineapple Fried Rice	V - HongKong Vegetarian noodle (E,G)	V-Lentils Dhal and Basmati Rice (G)	Baked chicken Japanese curry rice (G)

# WEEK 5

		30 MONDAY	31 TUESDAY			
<b>Western main</b>	<b>\$6</b>	Beef Moussaka with eggplants (G,D,E)	V - Baked Veggies, Beans & Cheese Casserole (G,D)			
<b>Asian main</b>	<b>\$6</b>	Honey and garlic chicken drumstick	Black pepper beef			
<b>Roast</b>	<b>\$6</b>	V - Roasted vegetables	Roast Char Siew Pork			
<b>Fish</b>	<b>\$6</b>	Fish Tikka (D- yoghurt optional)	Baked Salmon with Salsa sauce			
<b>Pasta</b>	<b>\$5 or 6</b>	Spaghetti Bolognese (G,D)	V - Spinach Cannelloni (G,D)			
<b>Slice of Pizza</b>	<b>\$2.50</b>	Ham and Mushroom (G,D)	BBQ Chicken Pizza (G,D)			
<b>Noodle/Rice</b>	<b>\$5</b>	V - Aloo Gobi Tikki with Naan (G,D)	Braised Beef Noodle (G)			

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