

# LUNCH MENU (COVID-19 PERIOD) / SECONDARY SCHOOL

## SEPTEMBER 2020

### MEALS

- Meal includes a choice of vegetable
- 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

- **GESS Cafe Sandwich Bar - \$ 5 - \$ 6**  
Roast of the Day, Egg, Tuna, Chicken, Cheese, Ham, Vegetable, Bacon, Salami (D,E,G)  
**SUSPENDED DURING COVID-19**
- **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  
**SUSPENDED DURING COVID-19**
- **Al a carte deli options - \$2.20 - \$6**  
A new range of assorted deli options
- **Chef Special of the Day - \$ 5 or \$ 6**  
**SUSPENDED DURING COVID-19**

## WEEK 1

		1	2	3	4
		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Set A</b>	<b>\$5 or 6</b>	Chicken Nuggets with french fries (G,E)	Chicken Enchiladas with green salad (G,D)	Beef Moussaka (G,E,D)	Hunter Stew (Pork) with pasta (G)
<b>Set B</b>	<b>\$5 or 6</b>	Beef Thai Green Curry with rice (T)	V - Fried HongKong Noodle with egg, carrot, tofu and mushrooms (E,G)	V - Pesto Pasta with baby tomatoes (G,T)	V - Tofu Tikka Masala with Naan (G)
<b>Set C</b>	<b>\$5 or 6</b>	V - Eggplant Lasagna (G,D)	Roast Turkey with mashed potatoes (G -with gravy)	Asian spiced pork Rissoles served with rice (G,E)	Slow Cooker Pork Loin Roast with roast potatoes
<b>Set D</b>	<b>\$5 or 6</b>	Parmigiana Fish with roast potatoes	Poached Fish with Bean Paste and rice (E)	Baked salmon with Italian dressing and pasta (G)	Fish and Chips (G)
<b>Grab'n Go</b>	<b>\$1.50 - 6</b>	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries

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

 Vegetarian

## WEEK 2

		7 MONDAY	8 TUESDAY	9 WEDNESDAY	10 THURSDAY	11 FRIDAY
<b>Set A</b>	<b>\$5 or 6</b>	Chicken Cordon Bleu with fries (G,D,E)	Madras Beef & Potatoes Curry with rice (T)	Beef Burrito (G,D)	V - Cheese, Beans, Carrot and grated courgette quesadillas with baby tomatoes (G)	Lamb Vindaloo with Chickpeas served with Naan (G)
<b>Set B</b>	<b>\$5 or 6</b>	Honey Glazed Crispy Pork Stir Fry with Capsicum served with rice	V - Dumpling with vegetable filling, shredded carrot and radish, served with cold udon (G,E)	Indonesian Chicken Curry with rice and Acar (Indonesian pickles)	Gyudon Beef (Yoshinoya style) with Japanese rice	V - Korean Style Curry rice with potatoes & carrot (G)
<b>Set C</b>	<b>\$5 or 6</b>	V -Vegetarian Hor Fan (G,E)	V -Rigatoni with peas, asparagus and Ricotta cheese (G,D)	V - Palak Paneer with Naan (G,D)	Roast Crispy skin Pork (with gravy) served with mashed potatoes (G)	Roast Basil Chicken with red peppers and roast potatoes (T)
<b>Set D</b>	<b>\$5 or 6</b>	Cajun Spiced Fish with Pita bread (G)	Thai Green Curry Fish with rice (G,T)	Garlic Butter Herb Fish served with pasta (G)	V - Vegetarian Laksa with Vermicelli (G, dried prawns)	Fish Tikka with cucumber, yoghurt and Briyani rice (G,D)
<b>Grab'n Go</b>	<b>\$1.50 - 6</b>	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries

## WEEK 3

		14 MONDAY	15 TUESDAY	16 WEDNESDAY	17 THURSDAY	18 FRIDAY
<b>Set A</b>	<b>\$5 or 6</b>	Pork casserole with broccoli & cauliflower with rice	Pork Schnitzel ith peas and roast potatoes (G,E)	Cheeseburger w/ fries (G,D)	Indian Butter Chicken with Naan (G, D-optional cheese)	Thyme and Lemon Roast Chicken with baked potato with sour cream (G,D)
<b>Set B</b>	<b>\$5 or 6</b>	Stir-fry Chicken with lemongrass sauce served with noodle and Chinese greens (G)	V - Vegetarian Cottage Pie with Potatoes/Pumpkin Mashed Topping (G)	V - Foo Yong Egg with rice ( E)	Asian Char Siew Pork Fillet with Rice	V - Red Lentil & Chickpeas Curry with Pratha
<b>Set C</b>	<b>\$5 or 6</b>	V - Fusilli with Zucchini, Tomatoes and Mozarella (G)	Beef Ramen noodles (G)	Black Pepper Chickenserved with rice noodle (G)	V - Pumpkin and Cheese Risotto (D)	Swedish meatballs with pasta (G, D-optional cheese)
<b>Set D</b>	<b>\$5 or 6</b>	Tomatoes and Basil poached Fish Fillet with roast potatoes	Sweet and Sour Fish served with rice	Mediterranean Fish Casserole with pasta (G)	Beef Kway Teow (G)	Fish and Chips (G)
<b>Grab'n Go</b>	<b>\$1.50 - 6</b>	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries

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# WEEK 4

		21 MONDAY	22 TUESDAY	23 WEDNESDAY	24 THURSDAY	25 FRIDAY
<b>Set A</b>	<b>\$5 or 6</b>	V -Lentil and Cheese grated quesadillas & corn chips with baby tomatoes (G,D)	Honey Baked Ham with roast potatoes & carrots	Pork Bratwurst with potato and pea salad (G)	Schweinebraten served with roast potatoes (G - gravy)	Roast Turkey with mashed potatoes (G-Gravy)
<b>Set B</b>	<b>\$5 or 6</b>	Mongolian Beef Meatball with noodle	Sweet and sour chicken with rice	Thai Basil Minced Chicken Rice	Black pepper Beef and brocolli with rice	Indian Butter Chicken w/ Naan
<b>Set C</b>	<b>\$5 or 6</b>	Agllo Olio with Italian sausage (G)	V - Lentil Dhal Curry with Naan (G,D)	V - Spinach Cannelloni (G,D)	V - Tofu Tikka Masala with Briyani rice	V - Ravioli with roasted vegetables in tomato sauce and homemade bread rolls
<b>Set D</b>	<b>\$5 or 6</b>	Nonya Assam Fish Curry with rice	Tuna Arrabiata (G)	Goam Fish Curry with Lady Finger, served with rice	Baked salmon with Mediterranean sauce with pasta (G)	Fish Parmigiana with pasta (G)
<b>Grab'n Go</b>	<b>\$1.50 - 6</b>	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries

# WEEK 5

		28 MONDAY	29 TUESDAY	30 WEDNESDAY		
<b>Set A</b>	<b>\$5 or 6</b>	V -Roasted Veggie Chimichanga with salsa and lite cream (G, D)	Cheeseburger (G,D)	Irish Beef Stew with pasta & green beans (G-gravy)		
<b>Set B</b>	<b>\$5 or 6</b>	Hainanese Chicken Rice	V - Chickpeas and Tofu Curry served with Naan (G)	V - Vegetarian Pad Thai (E,T)		
<b>Set C</b>	<b>\$5 or 6</b>	V - Pesto Pasta with cherry tomatoes (G,T)	Beef Picadillo w/ Potatoes and pasta (G)	Masala Chicken with Naan (G)		
<b>Set D</b>	<b>\$5 or 6</b>	Thai Green Curry Fish with Jasmine rice (G,T)	Garlic Butter Fish served with roast potatoes	Nasi Lemak (coconut fragrance rice)(G,E)		
<b>Grab'n Go</b>	<b>\$1.50 - 6</b>	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries	Pizza of the day / Sandwich of the day / Salad of the day / assorted pastries		

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