

LUNCH MENU (COVID-19)/ SECONDARY SCHOOL

DECEMBER 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) **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 bar options - \$2.20 - \$6**
A new range of assorted deli bar options
- **Chef Special of the Day - \$ 5 or \$ 6**

WEEK 1

		1	2	3	4	
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Set A	\$5 or 6		V - Mixed omelette with tomatoes, cheese and mushroom and roast potatoes (E,D)	Grilled Meatloaf, mashed potatoes and cream spinach (D)	Chicken, cheese, carrot and grated courgette quesadillas with side green salad (G)	V - Quinoa Kale Vegetarian Burgers served with pommes frites (G, T)
Set B	\$5 or 6		Black Pepper Chicken with rice	Beef Rendang with rice	V - Dumpling with vegetable filling, shredded carrot and radish with Japanese Udon(G,E)	V - Palak Paneer with Naan (G,T)
Set C	\$5 or 6		Roast Lamb served with pasta (G-gravy, D)	V - Aloo Gobi Tikki served with pratha (G)	Beef Lasagne (G,D,E)	Pork Ribs in BBQ sauce with roast potatoes
Set D	\$5 or 6		Cajun-spiced fish with rice	Mediterranean Fish Casserole with pasta (G)	Goam Fish Curry w/ Lady Finger with Briyani rice	Sweet and Sour Fish with brown rice (G)
Grab'n Go	\$1.50 - 6		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	8	9	10	11
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Set A	\$5 or 6	Chicken Chimichangga with salsa and lite cream (G,D)	Cheeseburger and Wedges (G,D)	German Pork Bratwurst with potato salad (G)	Beef and Pinto bean Fajitas (G,D)	Chili Con Carne (Beef) with homemade rolls (G)
Set B	\$5 or 6	Stir-fry Chicken with Lemon Grass Sauce and rice	Basil Roast Chicken with rice	Indian butter chicken with Naan (G,D)	Hainanese Chicken Rice with cucumber sticks (G-soy)	V - Moroccan Vegetable Casserole with rice
Set C	\$5 or 6	V - Spinach Cannelloni (G,D)	V - Hongkong fried noodle with egg, carrot, red capsicum, bean sprout, tofu and mushroom (G,E)	V - Pumpkin Risotto w/ Parmesan (D)	V - Ravioli with roasted vegetables in tomato sauce	Vietnamese Vermicelli with roast pork
Set D	\$5 or 6	Baked Fish HongKong style with rice and Broccoli (G)	Garlic Butter Grilled Fish with pasta (G,D)	Stir-fry fish fillet with black bean sauce with rice	Thai Green Curry Fish	Grilled fish fillet with pesto sauce and roast potatoes (T)
Grab'n Go	\$1.50 - 6	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	15	16	17	18
		MONDAY	TUESDAY	CHRISTMAS SPECIALS	THURSDAY	FRIDAY
Set A	\$5 or 6	Grilled Pesto Chicken and pomme frites (T)	Slow Cooked Balsamic Beef with Mushroom and mashed potatoes (G-gravy)	Christmas Baked Ham with roast potatoes		
Set B	\$5 or 6	Farfelle Carbonara with mushroom and bacon (G,D,E)	V - Thai Pineapple Fried Rice	V -Pesto Pasta with cherry tomatoes (G,T)	School Break-up	School Holiday
Set C	\$5 or 6	V - Char Kway Teow with stir-fry tofu and bean sprouts (G,E)	Chicken Katsu with Japanese rice (G,E)	Christmas Roast Turkey with mashed potatoes (G - w/ gravy)	Howe Catering wishes you a	18 Dec - 8 Jan 2020
Set D	\$5 or 6	Teriyaki Fish with Japanese rice (G)	Fish Tikka with cucumber, yoghurt and Briyani rice (G,D)	Fish & Chips (G)	Merry Christmas and Happy New Year!	
Grab'n Go	\$1.50 - 6	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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