

LUNCH MENU / SECONDARY SCHOOL

SEPTEMBER 2019

MEALS

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

WEEK 1

	2 MONDAY	3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 FRIDAY
Western main \$6	Irish Beef Stew	Chicken Nuggets (G,E)	Chicken Enchiladas	Beef Sheperd's Pie	Hunter Stew (Pork) (G)
Asian main \$6	Honey & garlic chicken wingsticks	Beef Thai Green Curry (T)	Mutton Curry (T)	Asian spiced pork rissoles	Sambal Chicken
Roast \$6	Roast Beef (G-Gravy)	Roast Pork with Char Siew sauce	Roast Turkey (with gravy)	Roast Greek Lemon Chicken	Slow Cooker Pork Loin Roast
Fish \$6	Baked Salmon Fillet Dijon	Poached Fish with Bean Paste (E)	Parmigiana Fish	Goam Fish Curry with Okra	Fish and Chips (G)
Pasta \$5 or 6	V - Pumpkin Alfredo (G)	Spaghetti Bolognaise (G)	V - Eggplant Lasagna (G,D)	Carbonara with bacon and ham (G,D,E)	V - Pesto Pasta with baby tomatoes (G,T)
Slice of Pizza \$2.50	V - Mushroom & Zucchini Pizza (D,G)	V - 4-Cheese Pizza (D,G)	Pepperoni Pizza (D,G)	V - Cheese & Mushroom Pizza (G,D)	BBQ chicken Pizza (G,D)
Noodle/Rice \$5	Nasi Lemak (coconut fragrance rice)(G,E)	Pork Chow Mien with Carrot & Bok Choy (G,E)	V - Fried HongKong Noodle (E,G)	V -Vegetarian Briyani Rice	V - Vegetarian Pad Thai (G)

*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
Western main \$6	Chicken Cordon Bleu (G,D,E)	Madras Beef Curry (T)	Beef Burrito (G,D)	V - Cheese, Beans, Carrot and grated courgette quesadillas (G)	Beef Picadillo w/ Potatoes
Asian main \$6	Honey Glazed Crispy Pork Stir Fry with Capsicum	V - Dumpling with vegetable filling, shredded carrot and radish (G,E)	Indonesian Curry Chicken (T)	Gyudon Beef (Yoshinoya style)	Satay marinated chicken
Roast \$6	Roast Honey Ham	BBQ Ribs	Roast Lamb (G- Gravy)	Roast Crispy skin Pork	Roast Basil Chicken
Fish \$6	Cajun Spiced Fish	Thai Green Curry Fish (G,T)	Garlic Butter Herb Fish	Nonya Garam Assam Fish	Fish Tikka
Pasta \$5 or 6	Beef Lasagna (G)	V -Rigatoni with peas, asparagus and Ricotta cheese (G,D)	V - Pasta Primavera (G)	Bacon, Onion and mushroom pasta (G)	V - Spaghetti Napolitana (G)
Slice of Pizza \$2.50	V- Pizza Margherita (G,D)	Pepperoni Pizza (G,D)	Beef Taco Pizza (G,D)	V - Onion & Capsicum Pizza (D,G)	Bacon and Ham Pizza (G,D)
Noodle/Rice \$5	V -Vegetarian Hor Fan (G,E)	Quiche Lorraine (E)	V - Palak Paneer with Naan (G,D)	Beef Ramen Noodles (G)	V - Korean Style Curry rice with potatoes & carrot (G)

WEEK 3

	16	17	18	19	20
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Western main \$6	Pork casserole with broccoli & cauliflower	Pork Schnitzel (G,E)	Cheeseburger w/ fries (G,D)	Tandoori Chicken	Beef Picadillo w/ Potatoes
Asian main \$6	Lamb Vindaloo with Chickpeas	V - Assorted Vegetable Tempura	V - Foo Yong Egg (E)	Char Siew Pork	Chicken or Vegetables Curry with Prata (G) or Rice
Roast \$6	Roast Turkey (G-Gravy)	Pork Knuckle (Schweinshaxe) w/ Sauerkraut	Roast Beef (G-Gravy)	V - Assorted Roast Vegetables	Thyme and Lemon Roast Chicken
Fish \$6	Tomatoes and Basil poached Fish Fillet	Sweet and Sour Fish	Mediterranean Fish Casserole	Fish with Fermented Bean sauce	Teriyaki Fish
Pasta \$5 or 6	V - Fusilli with Zucchini, Tomatoes and Mozzarella (G)	Spaghetti Bolognese (G)	V - Pea and Lemon Risotto (D,E,G)	Swedish meat ball pasta (G)	V - Pesto Pasta with baby tomatoes (G,T)
Slice of Pizza \$2.50	Minced beef pizza (G,D)	V - Neapolitan Pizza (Mozzarella & tomato sauce & basil)	Tuna and Sweet Corn Pizza (G,D)	V - Onion & Capsicum Pizza (D,G)	Hawaiian Pizza (with Ham) (G,D)
Noodle/Rice \$5	V- Vegetable Pad Thai (G)	V - Bean Taco and Rice (D)	Black Pepper Chicken Noodle (G)	Beef Kway Teow	V - Kimchi Fried Rice

WEEK 4

	23 MONDAY	24 TUESDAY	25 WEDNESDAY	26 THURSDAY	27 FRIDAY
Western main \$6	Chicken Enchiladas	Italian Sausage & baked bean casserole	Pork Bratwurst (G)	V - Bake Veggies, Beans & Cheese Casserole (D,G)	V - Tofu Tikka Masala
Asian main \$6	Mongolian Beef Meatball	Black pepper Beef	V -Palak Paneer with Naan (G,D)	Masala Chicken	Indian Butter Chicken w/ Naan
Roast \$6	Roast Crispy skin Pork (T)	Honey Baked Ham	Roast 5-Spice Chicken	Schweinebraten (D,G)	Roast Lamb (G-Gravy)
Fish \$6	Nonya Assam Fish Curry	Baked salmon with Italian dressing(G)	Goam Fish Curry with Okra	Fish Hong Kong style (G)	Fish Parmigiana
Pasta \$5 or 6	Agllo Olio with Italian sausage (G)	Tuna Arrabiata (G)	V - Ricotta and spinach Cannelloni (G,D)	Onion Chicken Pasta (G)	V- Roasted Herb Vegetable Pasta (G)
Slice of Pizza \$2.50	V - 4-Cheese Pizza (G, D)	V - Roasted Vegetables Pizza (G,D)	Ham & Mushroom Pizza (G,D)	Gammon Ham Pizza (G,D)	V- Pizza Margherita (G,D)
Noodle/Rice \$5	V - Spinach & Zucchini Quiche (E)	V - Lentil Dhal Curry with Naan (G,D)	Thai Basil Minced Chicken Rice	V - Indian vegetarian curry with bryani rice	V- Aloo Curry (Potatoes) with Naan (G,E)

WEEK 5

	30 MONDAY				
Western main \$6	V -Roasted Veggie Chimichanga with salsa and lite cream (G, D)				
Asian main \$6	Hainanese Chicken Rice				
Roast \$6	Roast Pork with Char Siew sauce				
Fish \$6	Thai Green Curry Fish (G,T)				
Pasta \$5 or 6	V - Pesto Pasta (G,T)				
Slice of Pizza \$2.50	Pepperoni Pizza (G)				
Noodle/Rice \$5	V - Hongkong style noodle with tofu and egg (G,E)				

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