

Primary School Heat and Serve

COLD LUNCHES

(C) Sandwiches/Rolls

- Curried Egg and Lettuce
- Ham, Cheese and Tomato
- Chicken, Avocado and Cucumber
- Tuna, Sweet Corn and Mayonnaise
- Salad and Hommus

(P) Sushi – Chicken or Tuna

(P) Rice Paper Rolls - Beef or Tofu

HOT LUNCHES

(C) Chicken, Cheese and BBQ Sauce Roll

(P) Pumpkin Soup with Bread Roll

(P) Spaghetti Bolognese

(P) Beef Stir Fry

(P) Lean Beef Pie

(P) Ham and Pineapple Pizza

Tip: Wrap in foil and sell from the pie warmer!

SPECIALS

MONDAY: (C) Veggie Burgers

THURSDAY: (C) Fantastic Fried Rice

FRIDAY: (C) Meatball Sub

Tip: Remove the chicken for a vegetarian fried rice

FROZEN SNACKS

(C) Frozen Fruit Kebabs

(P) Frozen 99% Fruit Juice Tube - Tropical, Mixed Berry or Apple

(P) Frozen Cup of Custard

(P) Mango Frozen Yoghurt

DRINKS

(C) Frothy Hot Chocolate (300mL)

(P) Flavoured Milk – Chocolate or Strawberry (300mL)

(P) 99% Fruit Juice – Orange, Apple or Apple Blackcurrant (250mL)

(P) Bottled Water

SNACKS

(C) Seasonal Fruit Salad Cup served with Yoghurt

(C) Cheesy Sweet Corn Cup

(C) Garlic and Herb Torpedoes

(P) Blueberry Muffin

(P) Lightly Salted Popcorn



The "SUMMER SPECIAL" snack deal: Bottled Water and a Seasonal Fruit Salad Cup served with Yoghurt



The "WARM WINTER" snack deal: Frothy Hot Chocolate and a Garlic and Herb Torpedo

Green = Everyday Grey = Occasional

(C) = Canteen-Made (P) = Packaged

• Underlined menu items are linked to a recipe.

• Refer to pages 14-15 of the [Food and Drink Criteria Booklet](#) for portion limits.

• Packaged Occasional items must have a Health Star Rating of 3.5 stars or more. To check the HSR of packaged items access the [Healthy Food Finder](#).