

Regional or Small Primary School

This menu was created for a canteen which operates on Wednesday, Thursday and Friday.

COLD LUNCHES

(C) Sandwiches/Wraps/Rolls

- Ham and Cheese
- Egg and Mayonnaise

(C) Superhero Salad Bowl

FROZEN SNACKS

(C) Frozen Flavoured Milk Cups - Chocolate or Strawberry (300mL)

(C) Frozen Fruit Salad Cup served with Yoghurt

(P) Frozen 99% Fruit Juice Cups - Pineapple

HOT LUNCHES

(C) Pizza Toasties - Margherita, Ham and Cheese or BBQ Chicken

(P) Lean Beef Pie

(P) Spinach and Ricotta Roll

DRINKS

(C) Milkshakes - Chocolate, Strawberry or Caramel (300mL)

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

(P) Bottled Water

SPECIALS

WEDNESDAY: (C) Mexican Rice - Chilli Con Carne or Veggie Chilli

THURSDAY: (P) Butter Chicken with Rice

FRIDAY: (C) San Choy Bau

Tip: To save time, cook the mince jaffle filling in bulk and use it as the base for the Mexican Rice (Chilli Con Carne) and San Choy Bau

SNACKS

(C) Seasonal Fruit

(C) Plain, Air Popped Popcorn

(C) Mince Jaffle, half serve

(P) Muesli Bar

(P) Potato Chips

Fun name suggestion: "Poppin' Corn"

Mince Jaffles freeze well. Prepare for the week ahead by making this recipe in bulk



The "SNACK ATTACK" snack deal: Plain, air-popped popcorn and a 99% Fruit Juice Popper

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](#).