

Secondary School Commercial Kitchen

BREAKFAST (Morning only)

- (C) [Egg and Ham Jaffle](#)
- (C) [Pancakes](#)
- (C) [Bircher Muesli](#)
- (C) [Yoghurt Cups](#)

COLD LUNCHES

- (C) Wraps/Rolls
 - Falafel, Hommus and Salad
 - Chicken, Lettuce and Sweet Chilli Sauce
 - Ham, Cheese and Pineapple
 - [Crunchy Rainbow Veg and Chicken Wrap](#)
- (C) [Caesar Salad Tub](#)
- (C) [Pumpkin and Spinach Salad Tub](#)
- (P) Sushi: Tuna, Teriyaki Chicken or Avocado

HOT LUNCHES

- (C) [San Choy Bau](#)
- (C) [Tikka Masala](#) - Chicken or Vegetable
- (C) [Calzone](#)
- (C) [Cottage Pie](#)
- (P) Vegetarian Fried Rice
- (P) Beef Stir Fry with Noodles
- (P) Beef Nachos

Tip: Curries and stews are great to cook in bulk and store for later use.

SPECIALS

- MONDAY: (C) [Special Mac and Cheese](#)
- TUESDAY: (C) [Herb, Garlic and Lemon Chicken Kebab](#)
- WEDNESDAY: (C) [Steak Fajitas with Chimichurri](#)
- THURSDAY: (C) [Mexican Bowl](#)
- FRIDAY: (C) [Sweet and Sour Chicken](#) with Rice

FROZEN SNACKS

- (C) [Frozen Fruit Bites](#)
- (C) [Mango Sorbet](#)
- (C) [Custard Fruit Bites](#)
- (P) Ice Cream Stick

DRINKS

- (C) [Cosy Peppermint Hot Chocolate](#) (500mL)
- (C) [Sparkling Pink Lemon Juice](#) (250mL)
- (C) [Fruit Smoothies](#) - Banana or Kiwifruit (500mL)
- (P) Bottled Water
- (P) Flavoured Milk - Chocolate or Strawberry (500mL)
- (P) 99% Fruit Juice - Orange, Apple or Apple Blackcurrant (250mL)
- (P) Iced Coffee (500mL)
- (P) Diet Iced Tea (500mL)

Note: Contains caffeine

SNACKS

- (C) Seasonal Fruit Salad Cup served with Yoghurt
- (C) [Hawaiian Muffin](#)
- (C) [Mexican Toastie](#)
- (C) [Sweet Corn Pancakes](#)
- (C) [Pizza Scrolls](#)
- (C) [Apple Oat Bar](#)
- (C) [Banana Bread](#)
- (P) Potato Chips

Tip: Great for the counter during service!



Add a Hawaiian Muffin and a smoothie of your choice to any wrap or roll for the ultimate lunch combo!

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](#).