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)

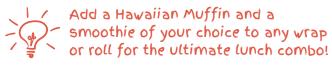


Note: Contain caffein

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!



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.