

SAS lunch menu

Grade 9 – 12: Week 1 commencing Monday, 3rd April 2017

A la carte menu. One serving of vegetables is included with each main meal.

Food Choices	Monday, 3 April	Tuesday, 4 April	Wednesday, 5 April	Thursday, 6 April	Friday, 7 April
Asian – served with basmati or brown rice	Black pepper chicken with red peppers and rice Singapore pork and vegetable noodles Fish tikka	Braised soya chicken Asian beef and bok choy with glass noodles Asian fish cakes	Chicken curry with with rice and roti pratha Asian spiced pork rissoles Thai style chilli and soy fish	Mee goreng chicken Char siew pork fillet Sweet and sour fish	Hainanese chicken rice Beef kway teow with Chinese greens Steamed fish with honey and ginger
Western – served with olive oil roasted potatoes, or basmati or brown rice	Chicken Pasties Shepherd's pie with mash potato crust Fish cakes	Honey glazed chicken drumsticks Beef chimichanga with salsa Italian style fish parmigana	Chicken and vegetable burger BBQ pork ribs with corn Fish pie with sweet potato mash	Morrocان chicken Quiche Lorraine with Coleslaw Spicy fish tacos	Spanish Chicken Beef sausage in a grain-enriched roll Homemade fish goujons with oven-baked chips
Roast of the day: served with olive oil roasted potatoes, sweet potatoes, or potato wedges	Chinese-style roast pork (sio bak)	Lemon and thyme roasted chicken	Greek roast lamb	Roast turkey	NZ prime beef or baked ham
Noodles, ramen, sushi, fried noodles or fried rice	Egg fried brown rice with crunchy veg (V) Udon Fresh sushi selection	Egg fried noodles with Asian veg (V) Ramen Fresh sushi selection	Egg fried brown rice with crunchy veg (V) Beef pho soup Fresh sushi selection	Egg fried noodles with Asian veg (V) Yakisoba (fried noodles) Fresh sushi selection	Egg fried brown rice with crunchy vegi (V) Bee hoon with veg (V) Fresh sushi selection
Pasta, baked jacket potato, pizza with grain-enriched crust – served with crispy green salad	Wholesome spaghetti bolognaise Jacket potato with cottage cheese and pineapple Roasted vegetable and cheese pizza (V)	Chicken with pesto pasta Jacket potato with cheesy beans (V) Lean ham and pineapple pizza	Salmon pasta with sugar snap peas Jacket potato with low-fat cheese (V) Marguerite pizza (V)	Sausage ragu pasta Jacket potato with cottage cheese and chives (V) Lean ham, mushroom and olive pizza	Low fat Carbonara Jacket potato with chilli beans (V) Pocket pitta bread pizza with capsicum and mozzarella (V)
Vegetarian (all dishes marked 'V' elsewhere on this menu are also suitable choices)	Falafel wraps with hummus and parsley and tomato salad (V)	Vegetable bryani (V)	Beany stew with brown rice (V)	Singapore noodles with tofu and vegetables (V)	Vegetarian lasagne (V)
Quesadillas and tortillas – served on wholemeal wraps with salad or salsa	Chicken, beef or bean (V)	Chicken, beef or bean (V)	Chicken, beef or bean (V)	Chicken, beef or bean (V)	Chicken, beef or bean (V)
Daily selection of market fresh vegetables (minimum one serving)	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.
Other daily selections	freshly prepared sandwiches, salad boxes, sushi, wholesome home bakes, hummus, or cheese dippers, frozen and fruit yogurts, fruit and fruity desserts, fresh and low-sugar juice, smoothies, and low fat milk				

SAS lunch menu

Grade 9 – 12: Week 2 commencing Monday, 10th April, 2017

A la carte menu. One serving of vegetables is included with each main meal.

Food Choices	Monday, 10 April	Tuesday, 11 April	Wednesday, 12 April	Thursday, 13 April	Friday, 14 April	
Asian – served with basmati or brown rice	Black pepper chicken Sweet and sour pork Thai green fish curry with brown rice	Lemon stir fry chicken Madras beef with sweet potato curry with rice Bee Hoon soup with fish	Chicken and pumpkin curry Beef soba noodles Steamed fish Hong Kong style	Szechuan chicken Char siew pork fillet Malaysian fish curry with brown rice	Good Friday - Public holiday	
Western – served with olive oil roasted potatoes, or basmati or brown rice	Piri Piri chicken with coleslaw Paprika beef & lentil goulash with mashed potato Fish with mango salsa	Chicken and butter bean casserole with fluffy rice Swedish meatballs and pasta Fish burger	Chicken a la king with brown rice Beef burrito, guacamole and cheese on a tortilla Cheesy fish with mashed potato	Grilled chicken with salsa verde with baby potatoes Beef stroganoff Steamed fish with herbs and lemon		
Roast of the day: served with olive oil roasted potatoes, sweet potatoes, or potato wedges	Chinese-style roast pork (sio bak)	Lemon and thyme roasted chicken	Greek roast lamb	Roast turkey		
Noodles, ramen, sushi, fried noodles or fried rice	Egg fried noodles with Asian veg (V) Ramen Fresh sushi selection	Egg fried brown rice with crunchy veg (V) Udon Fresh sushi selection	Egg fried noodles with Asian veg (V) Beef pho soup Fresh sushi selection	Egg fried brown rice with crunchy veg (V) Yakisoba (fried noodles) Fresh sushi selection		
Pasta, baked jacket potato, pizza with grain-enriched crust – served with crispy green salad	Pasta e Fagioli (V) Baked potato with cottage cheese and avocado (V) Mushroom, olive and mozzarella pizza (V)	Tuna, ricotta and spinach cannellini Baked potato with cheesy beans (V) Ham and capsicum pizza	Beef and vegetable lasagne Baked potato with cottage cheese and chives (V) Roasted vegetable pizza (V)	Creamy chicken and veggie pasta Baked potato with chilli bean mix (V) Margurita pizza (V)		
Vegetarian (all dishes marked 'V' elsewhere on this menu are also suitable choices)	Napolitano stew	Dhal with pratha	Szechuan tofu and vegetables with brown rice (V)	Vegetable and cheese polenta pie (V)		
Quesadillas and tortillas – served on wholemeal wraps with salad or salsa	Chicken, beef or bean (V)	Chicken, beef or bean (V)	Chicken, beef or bean (V)	Chicken, beef or bean (V)		
Daily selection of market fresh vegetables (minimum one serving)	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.		
Other daily selections	Freshly prepared sandwiches, salad boxes, sushi, wholesome home bakes, hummus, or cheese dippers, frozen and fruit yogurts, fruit and fruity desserts, fresh and low-sugar juice, smoothies, and low fat milk					

SAS lunch menu

Grade 9 – 12: Week 3 commencing Monday, 17th April, 2017

A la carte menu. One serving of vegetables is included with each main meal.

Food Choices	Monday, 17 April	Tuesday, 18 April	Wednesday, 19 April	Thursday, 20 April	Friday, 21 April
Asian – served with basmati or brown rice	Black pepper chicken with red peppers and rice Sweet and sour pork Fish tikka	Chicken tikka wth rice Beef and vegetable stir fry with noodles Steamed fish with lemongrass and ginger	Chicken bryani Pork and snow pea with Thai basil stirfry Szechuan fish with broccoli and rice	Baked lemon chicken with brown rice Char siew pork fillet Teryaki salmon fillet with rice	Hainanese chicken rice Thai beef and rice noodle stir fry Sweet and sour fish
Western – served with olive oil roasted potatoes, or basmati or brown rice	Fruity cayenne chicken Beef fajitas with guacamole and salsa Baked salmon with pesto and lemon slices	Chicken quesadilla with salsa and lite sour cream Jamie's beef casserole Tuna burger in a wholegrain bun	Chicken and vegetable pie with mashed potato Vegetarian Lasagne (V) Fish cakes	Homemade chicken nuggets and thick cut potato wedges Chilli con carne Steamed fish with Italian sauce and rice	Mediterranean chicken with couscous Beef pasties Grilled fish and oven baked chips NZ prime beef or Baked ham
Roast of the day: served with olive oil roasted potatoes, sweet potatoes, or potato wedges	Chinese style roast pork	Lemon and thyme roasted chicken	Greek roast lamb	Roast turkey	Egg brown fried rice with crunchy vege (V)
Noodles, ramen, sushi, fried noodles or fried rice	Egg brown fried rice with crunchy vege (V) Japanese Udon Fresh sushi selection	Egg fried noodle with Asian vege (V) Fish pho soup Fresh sushi selection	Egg brown fried rice with crunchy vege (V) Ramen noodles Fresh sushi selection	Egg fried noodle with Asian vege (V) Yakisoba (fried noodles) Fresh sushi selection Sausage ragu pasta	Soba noodles Fresh sushi selection Pasta pesto (V)
Pasta, baked jacket potato, pizza with grain-enriched crust – served with crispy green salad	Chicken and bacon ragu Baked jacket potato with cottage cheese and avocado (V) Mushroom, olive & mozzarella pizza (V)	Beef meatballs with wholemeal spaghetti Baked potato with cheesy beans (V) Lean ham and pineapple pizza	Ricotta and spinach cannellini (V) Baked jacket potato with coronation chicken Marguerita pizza (V)	Baked jacket potato with chilli bean mix (V) Roasted vegetable pizza (V)	Baked jacket potato with tuna & low fat cheese Ham off the bone and cheese pizza
Vegetarian (all dishes marked 'V' elsewhere on this menu are also suitable choices)	Bean taco (V)	Pumpkin risotto (V)	Beany chilli with salad and rice (V)	Macaroni and vegetable cheese (V)	Chickpea and vegetable curry (V)
Quesadillas and tortillas – served on wholemeal wraps with salad or salsa	Chicken, beef or bean (V)	Chicken, beef or bean (V)	Chicken, beef or bean (V)	Chicken, beef or bean (V)	Chicken, beef or bean (V)
Daily selection of market fresh vegetables (minimum one serving)	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.
Other daily selections	freshly prepared sandwiches, salad boxes, sushi, wholesome home bakes, hummus, or cheese dippers, frozen and fruit yogurts, fruit and fruity desserts, fresh and low-sugar juice, smoothies, and low fat milk				

SAS lunch menu

Grade 9 – 12: Week 4 commencing Monday, 24th April, 2017

A la carte menu. One serving of vegetables is included with each main meal.

Food Choices	Monday, 24 April	Tuesday, 25 April	Wednesday, 26 April	Thursday, 27 April	Friday, 28 April
Asian – served with basmati or brown rice	Hainanese chicken rice Beef chow mein Sweet and sour fish with rice	Chicken nasi goreng Beef and vegetable stir fry Thai chilli and soy fish	Chicken korma curry with brown rice Steamed Chinese pork buns Fish bee hoon	Black pepper chicken with red pepper and rice Chinese roasted pork with brown rice Thai green fish curry	Hainanese chicken rice Lamb kofta with brwn rice Asian style John dory fish
Western – served with olive oil roasted potatoes, or basmati or brown rice	Chicken schnitzel with potato salad Beef and pumpkin pie Grilled fish and oven baked chips	Chicken fajitas Shepherds pie Tomato and basil poached fish	Chicken chimichanga Vegetarian moussaka (V) Fish parmigana	Chicken stroganoff Beef taco Penne arrabiata with tuna	Pesto chicken with wholegrain spaghetti Beef and veggie burger in a wholegrain bun Traditional fish and chips with olive oil baked chips
Roast of the day: served with olive oil roasted potatoes, sweet potatoes, or potato wedges	NZ prime beef or baked ham Egg fried brown rice with crunchy vegi (V)	Lemon and thyme roasted chicken Egg fried noodle with Asian vege (V)	Roast turkey Egg brown fried rice with crunchy vege (V)	Lemon roast chicken Egg fried noodle with Asian vege (V)	NZ prime roasted beef Egg brown fried rice with crunchy vege (V)
Noodles, ramen, sushi, fried noodles or fried rice	Bee hoon with veg (V) Fresh sushi selection	Fish pho soup Fresh sushi selection	Ramen noodles Fresh sushi selection	Yakisoba (fried noodles) Fresh sushi selection	Soba noodles Fresh sushi selection
Pasta, baked jacket potato, pizza with grain-enriched crust – served with crispy green salad	Macaroni with pumpkin, pea and cheese penne (V) Baked potato with tuna and low fat cheese Spinach and mozzarella pizza (V)	Ricotta and spinach cannelloni (V) Baked potato and cheese (V) Ham and pineapple pizza	Spaghetti with homemade bologanaise Baked potato with cottage cheese (V) Roasted vegetable and cheese pizza (V)	Low fat carbonara Jacket potato with Chilli beans (V) Marguerite pizza	Zucchini, tomato and mozzarella pasta (V) Jacket potato with coronation chicken Ham, olive and capsicum pizza
Vegetarian (all dishes marked 'V' elsewhere on this menu are also suitable choices)	Vegetarian shepherds pie (V)	Chilli bean tofu with brown rice Chicken, beef or bean (V)	Vegetarian burger in a wholemeal bun (V) Chicken, beef or bean (V)	Penne with red lentil and tomato sauce (V) Chicken, beef or bean (V)	Potato and cauliflower curry (V) Chicken, beef or bean (V)
Quesadillas and tortillas – served on wholemeal wraps with salad or salsa	Chicken, beef or bean (V)	Chicken, beef or bean (V)	Chicken, beef or bean (V)	Chicken, beef or bean (V)	Chicken, beef or bean (V)
Daily selection of market fresh vegetables (minimum one serving)	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.	Chinese greens, cabbage, broccoli, carrot, eggplant, cauliflower, okra, french beans, peppers, etc.
Other daily selections	freshly prepared sandwiches, salad boxes, sushi, wholesome home bakes, hummus, or cheese dippers, frozen and fruit yogurts, fruit and fruity desserts, fresh and low-sugar juice, smoothies, and low fat milk				