

SAS lunch menu

Kindergarten – Grade 3: Week 1 commencing Monday, 6th March, 2017

Choose snack option A, B or C.

Food Choices	Monday, 6 March	Tuesday, 7 March	Wednesday, 8 March	Thursday, 9 March	Friday, 10 March
Snack A	Oaty pancakes with raisins	Grain enriched apple and cinnamon bun	Wholesome chocolate brownies	Muesli cookies	Spiced ginger cake
Snack B	Cornflakes with milk	Fruit pot	Olive oil buttered popcorn	Fruit pot	Cheese dipper pots and vegetable sticks
Snack C	Berry Yoghurt Shake	Tropicana smoothie	Banana and strawberry smoothie	Mango smoothie	Fresh fruit yogurt pots (no added sugar)
Choose lunch option 1, 2, 3, 4 or 5. All meals are served with vegetables, a fruity dessert, and a drink.					
1. Western lunch	Spaghetti bolognese with homemade vegetable sauce	Homemade chicken nuggets with oven baked chips	Macaroni and vegetable cheese	Chicken and vegetable pie	Fish goujons and olive oil baked chips
2. Asian lunch	Lemon chicken strifry with brown rice	Beef and sweet potato curry with brown rice	Braised soya sauce chicken with glass noodles	Singapore noodles with pork and veggies	Hainanese chicken with brown rice
3. Vegetarian lunch	Veggie and bean curry with roti prata	Vegetarian lasagne	Maki sushi with egg fried rice	Cheese pizza with home made vegetable sauce on a grainy crust	Vegetable Bee Hoon noodles
4. Sandwich lunch	Cream cheese and cucumber sandwich	Tuna and mayo sandwich fingers	Hummus with crudites and pita bread dippers	Chese and lettuce sandwich	Roast turkey and ranch dressing sandwich
5. Salad bar: choose a protein, grain, lettuce, and at least two salads at the salad bar	Baked ham or bean salad (V)	Lemon roasted chicken or sliced egg	Teriyaki salmon fillet or tamari marinated tofu (V)	Roast turkey or smoky campfire beans (V)	NZ roasted beef or grated cheddar cheese (V)
Vegetable side (minimum two servings)	Red capsicum and celery sticks	Corn and peas	Green beans and roasted pumpkin	Cucumber sticks and baby tomatoes	Broccoli and carrots
Fruity dessert	Fresh fruit	Fruit and yogurt (no added sugar)	Fruit jelly (low sugar)	fresh fruit	fruit or ice cream
Drink	Water or milk	Water or milk	Water or milk	Water or milk	Water or milk

SAS lunch menu

Kindergarten – Grade 3: Week 2 commencing Monday, 13th March, 2017

Choose snack option A, B or C.

Food Choices	Monday, 13 March	Tuesday, 14 March	Wednesday, 15 March	Thursday, 16 March	Friday, 17 March
Snack A	Bagel with cream cheese	Fruity flapjack	Mini pizza wheels	Parent teacher conferences	Parent teacher conferences
Snack B	Fruit pot	Olive oil buttered popcorn	Fruit pot	No school for students	No school for students
Snack C	Chocolate monkey milkshake (with bananas)	Pineapple smoothie	Strawberry smoothie		
Choose lunch option 1, 2, 3, 4 or 5. All meals are served with vegetables, a fruity dessert, and a drink.					
1. Main lunch	Chilli con carne with pasta	Ham, mozzarella cheese and pita bread pizza	Penne arrabiata with tuna		
2. Asian lunch	Sweet and sour fish with brown rice	Beef, broccoli and noodles stirfry	Chicken and pumpkin curry with brown rice and roti pratha		
3. Vegetarian lunch	Lentil dhal and basmati rice with roti pratha	Mozzarella and tomato pasta bake	Chilli bean tofu with brown rice		
4. Sandwich lunch	Hummus, lettuce and tomato baguette	Chinese style chicken wrap	Baked ham and cheese sandwich fingers		
5. Salad bar lunch: choose a protein, grain, lettuce, and at least two salads at the salad bar	Tuna flakes or Mexican bean salad (V)	Chickpea and herb salad (V) sliced roast turkey or sliced egg (V)	Greek roasted lamb or Italian lentil salad (V)		
Vegetable side (minimum two servings)	Carrot and celery sticks	Corn and snow peas	Coleslaw and red capsicum sticks		
Fruity dessert	Fresh fruit	Fruit and yogurt (no added sugar)	Fruit jelly (low sugar)		
Drink	Water or milk	Water or milk	Water or milk		

SAS lunch menu

Kindergarten – Grade 3: Week 3 commencing Monday, 20th March, 2017

Choose snack option A, B or C.

Food Choices	Monday, 20 March	Tuesday, 21 March	Wednesday, 22 March	Thursday, 23 March	Friday, 24 March
Snack A	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
Snack B					
Snack C					
Choose lunch option 1, 2, 3, 4 or 5. All meals are served with vegetables, a fruity dessert, and a drink.					
1. Western lunch					
2. Asian lunch					
3. Vegetarian lunch					
4. Sandwich lunch					
5. Salad bar : choose a protein, grain, lettuce, and at least two salads at the salad bar					
Vegetable side (minimum two servings)					
Fruity dessert					
Drink					

SAS lunch menu

Kindergarten – Grade 3: Week 4 commencing Monday, 27 March, 2017

Choose snack option A, B or C.

Food Choices	Monday, 27 March	Tuesday, 28 March	Wednesday, 29 March	Thursday, 30 March	Friday, 31 March
Snack A	Oat and raisin cookie	Herby cheese scone	Grain enriched doughnut	Carrot cake	Apricot and orange bars
Snack B	Cornflakes with milk	Fruit pot	Fresh fruit and yoghurt pot	Fruit pot	Cheese dipper with grapes
Snack C	Berry yoghurt shake	Tropicana smoothie	Mango smoothie	Strawberry milk smoothie	Fresh fruit yogurt pots (no added sugar)
Choose lunch option 1, 2, 3, 4 or 5. All meals are served with vegetables, a fruity dessert, and a drink.					
1. Western lunch	Beef burrito with rice	Chicken and veggie quesadillas with baked corn chips	Shepherds pie with mashed potato crust	Chicken and butterbean casserole	Fish goujons and olive oil baked chips
2. Asian lunch	Chicken curry with cauliflower rice	Thai basil pork stirfry with rice noodles	Black pepper chicken with basmati rice	Tuna burger in a wholegrain bun with potato wedges	Hainanese chicken with brown rice
3. Vegetarian lunch	Mee goreng with tofu	Zucchini, tomato and mazarella penne	Vegetarian bryani	Mushroom, olive and mozzarella pizza with homemade vegetable sauce on a grainy crust	Bean burger in a wholemeal bun with olive oil baked chips
4. Sandwich lunch	Egg and lettuce baguette	Cream cheese and cucumber sandwich	Chicken caesar wrap	Tuna and apple sandwich	Cheese pitta pocket
5. Salad bar: choose a protein, grain, lettuce, and at least two salads at the salad bar	Chicken and rice salad or summer bean salad (V)	Baked ham or broccoli, bean and lentil salad (V)	Tuna pasta salad or grated cheese (V)	Roast turkey or smoky Cripsy tofu squares (V)	NZ roasted beef or baked falafel nuggets (V)
Vegetable side (minimum two servings)	Carrot and cucumber sticks	Corn and peas	Green beans and roasted pumpkin	Celery sticks and baby tomatoes	Broccoli and carrot
Fruity dessert	Fresh fruit	Fruit and yogurt (no added sugar)	Fruit jelly (low sugar)	Fresh fruit	Fruit or ice cream
Drink	Water or milk	Water or milk	Water or milk	Water or milk	Water or milk