

SAS lunch menu

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

Choose snack option A, B or C.

Food Choices	Monday, 6 February	Tuesday, 7 February	Wednesday, 8 February	Thursday, 9 February	Friday, 10 February
Snack A	Banana and raisin fruit bread	Wholesome chocolate brownies	Baked grain enriched doughnut	Orange and Blueberry Muffin	Homemade granola bar
Snack B	Fruit pot	Olive oil buttered popcorn	Fruit pot	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	Mediterranean chicken with couscous	Beef fajitas with guacamole and salsa	Fish parmigiana with mashed potato	Chicken Chimichanga with salsa and lite sour cream	Beef sausage with salad in a grain enriched roll
2. Asian lunch	Thai basil pork stir- fry with Chinese broccoli	Chicken korma curry with brown rice	Szechuan chicken with rice	Beef chow mein	Chicken nasi goreng
3. Vegetarian lunch	Chickpea and vegetable curry with brown rice	Bean stew and brown rice	Lentil dhal with brown rice	Vegetarian Moussaka	Vegetable Bee Hoon noodles
4. Sandwich lunch	Cream cheese and cucumber sandwich	Chicken and salad with low fat ranch dressed wrap	Hummus with crudites and pita bread dippers	Tuna and mayo sandwich	Roast turkey and ranch dressing sandwich
5. Salad bar: choose a protein, grain, lettuce, and at least two salads at the salad bar	Tuna flakes or Italian lentil salad (V)	Baked ham or grated cheese or crispy tofu (V)	Roasted lemon chicken or Baked falafel nuggets (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 February 2017

Choose snack option A, B or C.

Food Choices	Monday, 13 February	Tuesday, 14 February	Wednesday, 15 February	Thursday, 16 February	Friday, 17 February
Snack A	Blueberry friand	Apricot and orange bars	Baked grain enriched cinnamon roll	Banana pancake with chocolate chips	Apple and cinnamon muffin
Snack B	Fruit Pot	Cornflakes with milk	Cheese dipper pots and vegetable sticks	Olive oil buttered popcorn	Fruit pot
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. Main lunch	Spaghetti bolognese with homemade vegetable sauce	Homemade chicken nuggets with oven baked chips	Macaroni and cheese	Chicken burgers served with a wholemeal bun and potato wedges	Fish goujons and olive oil baked chips
2. Asian lunch	Snow pea, Thai basil and chicken stir fry with rice	Malaysian fish curry with rice	Hainanese chicken rice with brown rice	Singapore noodles with pork and veggies	Chicken curry with cauliflower and rice
3. Vegetarian lunch	Vegetarian briyani	Vegetarian lasagne	Maki sushi with egg fried rice	Zucchini and mozzarella pizza with homemade vegetable sauce on a grainy crust	Chilli bean tofu with brown rice
4. Sandwich lunch	Coronation chicken sandwich	Baked ham and tomato sandwich fingers	Roast turkey and ranch dressing sandwich	Tuna and mayo sandwich	Hummus with crudites and pita bread dippers
5. Salad bar lunch: choose a protein, grain, lettuce, and at least two salads at the salad bar	Baked ham or bean salad or grated cheese (V)	Lemon roasted chicken or sliced egg (V)	Greek roasted lamb or tamari marinated tofu (V)	Roast turkey or smoky campfire beans (V) or sliced egg (V)	Teriyaki salmon fillet 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 3 commencing Monday, 20th February, 2017

Choose snack option A, B or C.

Food Choices	Monday, 20 February	Tuesday, 21 February	Wednesday, 22 February	Thursday, 23 February	Friday, 24 February
Snack A	Bagel with cream cheese	Fruity flapjack	Mini pizza wheels	Wholesome chocolate brownies	Carrot cake
Snack B	Fruit pot	Cheese dipper with grapes	Fruit pot	Hummus dipper with veggie sticks	Fruit pot
Snack C	Chocolate monkey milkshake (with bananas)	Pineapple smoothie	Strawberry smoothie	Berry 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	Chilli con carne with pasta	Spanish chicken with rice	Ham, mozzarella cheese and pita bread pizza	Fish goujons and olive oil baked chips	Beef and veggie burger with potato wedges
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	Char siew pork fillet with veg & noodles	Hainanese chicken & basmati rice
3. Vegetarian lunch	Lentil dhal and basmati rice with roti pratha	Cheese pizza with homemade vegetable sauce on a grainy crust	Mee goreng with tofu	Macaroni and veggie cheese	Chickpea and vegetable curry with brown rice
4. Sandwich lunch	Hummus, lettuce and tomato baguette	Tuna and mayo sandwich	Baked ham and cheese sandwich fingers	Chicken and salad wrap	Roast turkey and ranch dressing sandwich
5. Salad bar : choose a protein, grain, lettuce, and at least two salads at the salad bar	Roast chicken or bean salad (V)	Baked ham or sliced egg (V)	Tuna flakes or lentil salad (V)	Roast turkey or chickpea (V) or sliced egg (V)	Tuna pasta salad or grated cheddar cheese (V)
Vegetable side (minimum two servings)	Carrot and celery sticks	Corn and snow peas	Capsicum sticks and cucumber	Stir fried mixed vegetables and carrots	Cucumber sticks and cherry tomato
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 4 commencing Monday, 27th February 2017

Choose snack option A, B or C.

Food Choices	Monday, 27 February	Tuesday, 28 February	Wednesday, 1 March	Thursday, 2 March	Friday, 3 March
Snack A	Oat and raisin cookie	Herby cheese scone	Orange and chocolate muffin	Anzac cookie	Homemade ginger bread
Snack B	Fruit pot	Hummus with veggie sticks	Fruit pot	Cheese dipper with apple slices	Fruit pot
Snack C	Berry yoghurt shake	Tropicana smoothie	Mango smoothie	Banana and strawberry smoothie	Fresh fruit yoghurt pot (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 stroganoff with pasta	Chicken and veggie quesadillas with baked corn chips	Roast turkey with mashed potato	Beef and veggie with a homemade wholegrain bun and potato wedges	Traditional homemade fish and chips
2. Asian lunch	Braised soya chicken with noodles	Asian dory oat crumbed fish fillets with rice	Black pepper beef with basmati rice	Chicken bryani	Beef soba noodle with veggie bowl
3. Vegetarian lunch	Macaroni and veggie cheese	Potato and cauliflower curry	Lentil bolognaise	Rigatoni with peas and ricotta	Falafel wrap with hummus and tomato salad
4. Sandwich lunch	Egg and lettuce baguette	Baked ham and tomato sandwich fingers	Chicken caesar wrap	Hummus with crudites and veggie sticks and pita bread dippers	Cream cheese and cucumber baguette
5. Salad bar: choose a protein, grain, lettuce, and at least two salads at the salad bar	Baked ham or summer bean salad (V)	Lemon roasted chicken or sliced egg (V)	Teriyaki salmon fillet or grated cheese (V)	Tuna pasta salad or chickpea nibbles (V)	Chicken rice salad or grated cheese or egg slices (V)
Vegetable side (minimum two servings)	Carrot and cucumber sticks	Corn and peas	Green beans and roasted pumpkin	Red capsicum and celery sticks	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