

SAS lunch menu

Grade 4 – 8: Week 1 commencing Monday, 1st May, 2017

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

Food Choices	Monday, 1 May	Tuesday, 2 May	Wednesday, 3 May	Thursday, 4 May	Friday, 5 May
Asian – served with basmati or brown rice	Labor Day Holiday	Braised soya chicken Asian beef and bok choy with glass noodles Asian fish cakes	Chicken and pumpkin curry with rice Asian spiced pork rissoles Thai style chilli and soy fish	Mee goreng chicken Char siew pork fillet Malaysian fish curry	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		Honey glazed chicken drumsticks Beef chimichanga with salsa Italian style fish parmigiana	Chicken and vegetable burger BBQ pork ribs with corn Fish pie with sweet potato topping	Moroccan chicken Quiche lorraine with coleslaw Spicy fish tacos	Chicken and vegetable pie Lentil and vegetable casserole (V) Homemade fish goujons with oven-baked chips
Roast of the day: served with olive oil roasted potatoes, sweet potatoes, or potato wedges		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 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 veg (V) Bee hoon with veg (V) Fresh sushi selection
Pasta, baked jacket potato, pizza with grain-enriched crust – served with crispy green salad		Chicken with pesto pasta Jacket potato with tuna and low fat mayonnaise Lean ham and pineapple pizza	Salmon pasta with sugar snap peas Jacket potato with low-fat cheese (V) Marguerita pizza (V)	Macaroni and veggie cheese (V) Jacket potato with cottage cheese and pineapple (V) Lean ham, mushroom and olive pizza	Wholesome spaghetti bolognese Jacket potato with chili beans (V) Pocket pitta bread pizza with capsicum and mozzarella (V)
Vegetarian (all dishes marked "V" elsewhere on this menu are also suitable choices)		Vegetable bryani (V)	Beany stew (V)	Singapore noodles with egg and vegetables (V)	Vegetable 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)
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 4 – 8: Week 2 commencing Monday, 8th May, 2017

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

Food Choices	Monday, 8 May	Tuesday, 9 May	Wednesday, 10 May	Thursday, 11 May	Friday, 12 May
Asian – served with basmati or brown rice	Lemon chicken stir fry Sweet and sour pork Asian style John Dory	Szechuan chicken Beef and Asian greens with glass noodles Fish tikka	Vesak Day	Baked lemon chicken with brown rice Char siew pork fillet Steamed fish Hong Kong style	Hainanese chicken rice Beef and broccoli stir fry Sweet and sour fish with rice
Western – served with olive oil roasted potatoes, or basmati or brown rice	Spanish chicken with rice Brazilian Picadillo with jacket potato Fish burger	Piri Piri chicken Pumpkin and chesse risotto (V) Fish cakes		Chicken casserole with mashed potato Beef taco Cheesy fish with mashed potato	Homemade chicken nuggets and olive oil baked potato Beef and pumpkin pie Grilled fish
Roast of the day: served with olive oil roasted potatoes, sweet potatoes, or potato wedges	Chinese style roast pork	Lemon and thyme roasted chicken		Roast Turkey	NZ prime beef or baked ham
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 fried noodle with Asian vege (V) Yakisoba (fried noodles) Fresh sushi selection	Egg brown fried rice with crunchy vege (V) Soba noodles Fresh sushi selection
Pasta, baked jacket potato, pizza with grain-enriched crust – served with crispy green salad	Pasta e Fagioli Baked potato with cottage cheese and avocado (V) Mushroom, olive and mozzarella pizza (V)	Chicken in tomato sauce with fusilli Baked potato with cheesy beans (V) Lean ham and pineapple pizza		Macaroni with pumpkin, pea and cheese penne (V) Baked potato with chilli bean mix (V) Roasted vegetable pizza (V)	Creamy chicken and veggie pasta baked potato with tuna and LF cheese Ham off the bone and cheese pizza
Vegetarian (all dishes marked "V" elsewhere on this menu are also suitable choices)	Napolitano stew (V)	Dhal with rice and roti pratha		Vegetable and cheese polenta pie (V)	Mee goreng with tofu and egg (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 4 – 8: Week 3 commencing Monday, 15th May, 2017

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

Food Choices	Monday, 15 May	Tuesday, 16 May	Wednesday, 17 May	Thursday, 18 May	Friday, 19 May
Asian – served with basmati or brown rice	Black pepper chicken with red peppers and rice Sweet and sour pork Steamed fish with lemongrass and ginger	Baked lemon chicken with brown rice Beef and Asian greens with glass noodles Fish bee hoon	Chicken Rogan Josh Thai basil pork and snow pea stirfry Asian fish cakes	Szechuan chicken Char siew pork fillet Thai chilli and soy fish with rice	Hainanese chicken rice Beef Chow Mein Malaysian fish curry
Western – served with olive oil roasted potatoes, or basmati or brown rice	Mediterranean chicken Paprika beef and lentil goulash Baked salmon	Chicken Schnitzel Beef fajitas Steamed fish with Italian sauce and rice	Chicken quesadilla Beef stroganoff Kedgerree	Fruity cayenne chicken Chillie con carne Fish with mango salsa	Chicken a la king Beef casserole with mashed potato 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	
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	Egg brown fried rice with crunchy vege (V) Soba noodles Fresh sushi selection
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 Roasted vegetable pizza (V)	Tuna, ricotta and spinach cannellini Baked potato with cheesy beans (V) Lean ham and pineapple pizza	Penne with red lentil and tomato sauce (V) Baked jacket potato with cottage cheese and chives (V) Marguerita pizza (V)	Swedish meatballs and pasta Baked jacket potato with chili bean mix (V) Mushroom, olive & mozzarella pizza (V)	Ricotta and spinach cannellini (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)	Vegetable curry with wholewheat roti pratha (V)	Beany chilli with rice and salsa (V)	Vegetable pastie (V)	Potato and cauliflower 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 4 – 8: Week 4 commencing Monday, 22nd May, 2017

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

Food Choices	Monday, 22 May	Tuesday, 23 May	Wednesday, 24 May	Thursday, 25 May	Friday, 26 May
Asian – served with basmati or brown rice	Chicken Tikka Steamed Chinese pork buns Sweet and sour fish	Szechuan chicken with broccoli Asian beef and green veggies with glass noodles Thai green fish curry	Chicken korma curry with rice Steamed Chinese Pork buns Asian fish cakes	Black pepper chicken with red pepper and rice Chinese roasted pork with brown rice Steamed fish Hong Kong style	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 and butter bean casserole with rice Mozzarella and tomato pasta bake (V) Oaty salmon fishcakes with potato wedges	Citrus sticky chicken with sweet potato Lamb tagine with couscous Mediterranean fish with rice	Chicken chimichanga Vegetarian moussaka (V) Steamed fish with herbs and lemon	Chicken stroganoff Hearty beef stew with mashed potato Tomato and basil poached fish	Jerk chicken with rice 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	Chinese style roast pork	Lemon and thyme roasted chicken	Roast turkey, mashed potato and carrots with apple crumble	Lemon roast chicken	NZ prime roasted beef
Noodles, ramen, sushi, fried noodles or fried rice	Egg brown fried rice with crunchy vege (V) Ramen Katsudon Fresh sushi selection	Egg fried noodle with Asian vege (V) Chicken teriyaki udon 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	Egg brown fried rice with crunchy vege (V) Soba noodles Fresh sushi selection
Pasta, baked jacket potato, pizza with grain-enriched crust – served with crispy green salad	Mozzarella and tomato pasta bake (V) Baked jacket potato with tuna & low fat cheese Spinach & mozzarella pizza (V)	Low-fat carbonara Baked jacket potato with chili bean mix Marguerite pizza (V)	Beef lasagne Baked potato with cottage cheese and pineapple(V) Roasted vegetable, cheese pizza (V)	Penne arrabiata with tuna 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 shepherd pie (V)	Flageolet and veggie risotto (V)	Chickpea and vegetable curry (V)	Moroccan vegetable stew with couscous (V)	Tofu, spinach and potato 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 4 – 8: Week 5 commencing Monday, 29 May, 2017

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

Food Choices	Monday, 29 May	Tuesday, 30 May	Wednesday, 31 May	Thursday, 1 June	Friday, 2 June
Asian – served with basmati or brown rice	Black pepper chicken with red peppers and rice Singapore pork and vegetable noodles Fish tikka	Black pepper chicken with red pepper and rice Chinese roasted pork with brown rice Steamed fish Hong Kong style	Chicken curry and cauliflower rice Beef soba noodle Fish bee hoon	Hainanese chicken rice Lamb kofta with brwn rice Asian style John dory fish	SUMMER BREAK!
Western – served with olive oil roasted potatoes, or basmati or brown rice	Chicken and mushroom bake Shepherd's pie with mash potato crust Zesty salmon pilaff	Chicken and sweetcorn risotto Beef taco Herb crusted fish with sweet potato wedges	Grilled chicken with salsa verde Beef burrito, guacomole, cheese on a tortilla Traditional fish and chips	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	Chinese-style roast pork (sio bak)	Lemon and thyme roasted chicken	Greek roast lamb	NZ prime roasted beef	
Noodles, ramen, sushi, fried noodles or fried rice	Egg fried brown rice with crunchy veg (V) Udon Fresh sushi selection	Egg fried noodle with Asian vege (V) Chicken teriyaki udon Fresh sushi selection	Egg brown fried rice with crunchy vege (V) Ramen noodles Fresh sushi selection	Egg brown fried rice with crunchy vege (V) Soba noodles Fresh sushi selection	
Pasta, baked jacket potato, pizza with grain-enriched crust – served with crispy green salad	Penne Arabiata with tuna Jacket potato with cheesy beans (V) Roasted vegetable and cheese pizza (V)	Penne with red lentil and tomato sauce Jacket potato with Chilli beans (V) Marguerite pizza	Beef and vegetable lasagne Baked potato with cottage cheese and chives Marguerite pizza (V)	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)	Pasta peppers (V)	Veggie and chilli bean fajitas(V)	Lentil burger in a wholemeal bun (V)	Lentil dahl with brown rice (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				