

K-12 BASIC PREP & COOK

BREAKFAST (Morning only)

- (C) [English Muffin – Yeast Spread or Jam](#)
- (C) [Pikelets with Ricotta, Banana and Honey](#)
- (C) [Banana Breakfast Smoothie](#) (300mL primary, 500mL secondary)

COLD LUNCHES

- (C) Sandwiches/Wraps/Pockets
 - Roasted Vegetables and Hommus
 - Tuna, Cucumber and Mayonnaise
 - Cheese and Salad
 - Falafel, Hommus and Salad
 - Chicken, Lettuce and Mayonnaise
- (C) [Caesar Salad](#) – Boiled Egg or Chicken
- (C) [Garden Salad](#)
- (P) Sushi – Tuna, Teriyaki Beef or Vegetarian

HOT LUNCHES

- (C) [Cheesy Burritos](#) – Beans or Chicken
- (C) Roast Beef and Gravy Roll
- (C) 6-Inch Sub with Salad – Meatballs or Falafel
- (C) Burger – [Chicken](#) or [Vegetable](#)
- (P) Pumpkin Soup with Bread Roll
- (P) Lite Sausage Roll

Tip: Meatballs and falafel can be canteen-made or packaged.

SPECIALS

- MONDAY: (C) [Beef Burgers](#)
- TUESDAY: (P) Vegie Lasagne
- WEDNESDAY: (C) [Lamb Koftas](#)
- THURSDAY: (C) [Cheese, Tomato and Spinach Pockets](#)
- FRIDAY: (C) [Mexican Toastie](#)

FROZEN SNACKS

- (C) [Bite-sized Fruity Yoghurt Drops](#)
- (C) [Chocolate Frappe](#) (300mL primary, 500mL secondary)
- (C) [Icy Poles](#)
- (P) Low Fat Vanilla Ice Cream

DRINKS

- (C) [Fruit Smoothies](#) – Berry or Mango (300mL primary, 500mL secondary)
- (P) Bottled Water
- (P) Flavoured Milk – Chocolate or Strawberry (300mL primary, 500mL secondary)
- (P) 99% Fruit Juice – Apple or Orange (250mL)
- (P) Sugar-free Lemonade (250mL primary, 500mL secondary)

SNACKS

- (C) [Garlic and Herb Torpedoes](#)
- (C) [Baked Bean Jaffle](#)
- (C) [Pizza Bites](#)
- (C) [Jelly Cups](#) – Chocolate or Strawberry
- (C) [Kids Survival Pack](#)
- (C) [Pikelets with Ricotta, Banana and Honey](#)
- (P) Blueberry Muffin
- (P) Potato Chips

Tip: Great for the counter during service!



Meal deal idea: Cheesy Burrito and a Mango Smoothie

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](#).