



## TERM 1 2017 St PAULS SCHOOL SUMMER MENU

### BREAKFAST

Selection of breads, Turkish bread, bagels, raisin bread or English muffins:

- to toast; with jam, honey, vegemite, peanut butter or cream cheese.

*Add ½ avocado \$1.50*

Toasted Panini with ham and cheese

Bacon & Egg muffin

Cereal with milk (Weetbix, corn flakes, nutrigrain)

Yoghurt with granola and berries

Pancakes with syrup or jam

Fruit Smoothie with fresh fruit, yoghurt

- with / without protein powder

***Piece of whole fruit complimentary with every breakfast purchase***

### SNACKS

Freshly cut seasonal fruit:

- watermelon, oranges, strawberries

Grapes

Piece of whole fruit

Cheese & Crackers

Dip 'n' sticks : hummus / tzatziki / corn relish

- with carrot, capsicum, celery sticks

Popcorn

Hard boiled egg

Steamed dim sims w soy sauce (2 pieces)

### SWEET TREATS

Homemade banana bread

Assorted homemade muffins :

- apple & cinnamon muffins, raspberry & yoghurt

Custard cup

Assorted fruit low fat yoghurts

Pikelets with jam

### GOURMET SALADS

***All our salads are made fresh daily in our kitchen***

**Asian crunchy noodle chicken salad** – chicken, cabbage, apple, carrot, mint egg noodle, dressing

**Roast pumpkin, vegetable** and cous cous with spinach, parmesan and lemon balsamic dressing

**Caesar salad** with cos lettuce, croutons, bacon, egg, parmesan cheese and dressing

Add chicken \$1.50

**Chunky Greek salad** – cos lettuce, cherry tomato, cucumber, feta, Kalamata olive, lemon & herb vinaigrette

**Basil pesto** and broccoli pasta salad

*Add chicken*

**Black and white quinoa salad with chickpea**, cumin, cucumber, green bean, red capsicum, feta and coriander with orange and balsamic dressing

### SANDWICHES: WRAPS & ROLLS

***All our sandwiches are made fresh daily on wholemeal bread without butter or spreads unless specified***

***Choose from: chicken / ham / beef / tuna / egg (add 50c)***

*Tomato, cheese, carrot, beetroot, cucumber, lettuce*

*Chicken, basil, spinach and mayonnaise*

*Egg & lettuce*

*Salad (lettuce, tomato, cheese, carrot, cucumber)*

*Chicken & Salad*

*Wraps (Chicken Caesar / chicken Tikka / salmon + sprouts / grilled veggie)*

### TOASTED SANDWICHES

Ham, cheese & tomato

Chicken, cheese & BBQ sauce

Cheese

## SUSHI

Single Sushi Roll (Chicken teriyaki, tuna, avocado, California)  
Double Sushi Roll  
Vietnamese Rice Paper Roll (2 pack)  
(chicken or tofu)

## HOT ITEMS

Corn  
Honey, Soy Chicken nibbles (2 per serve)  
Chicken Chow Mein (tofu option)  
Chili Chicken Sub – smashed grilled chicken breast, peri peri mayo, lettuce, diced tomato  
Premium Beef Burgers – homemade 97% fat free oven baked beef patty topped with cheese, tomato, lettuce and tomato sauce  
Flame grilled Chicken burger – chicken breast, cheese, lettuce & low fat mayo  
Traveler meat pie  
Mini Meat pie  
Homemade sausage roll  
GF Meat Pie / Sausage roll  
Chicken nuggets (5 pieces)

## FROZEN / ICYPOLES

Frozen Orchy Juice Cups (apple, orange, apple blackcurrant)  
Island Way sorbet  
Lemonade or raspberry icypoles

## WATER

Water, 390ml  
Water, 600ml  
Water, 750ml  
Water, 1.5L  
Flavoured Pump Water, 750ml

## MILK & JUICES

Plain Milk, 600ml  
Sml Flavoured Milk, 300ml  
Lge Flavoured Milk, 500ml  
Ice Break, 500ml  
Sml 100% Orange Juice  
Lge 100% Juice (orange, apple & blackcurrant, orange & passionfruit)  
Pop Tops 99% (orange, apple, apple & blackcurrant)

## DAILY SPECIALS

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### MONDAY: Pasta

Mac n cheese  
Spaghetti and (turkey) meatballs  
and Garlic bread

### TUESDAY: Mexican chili

Beef or Chicken chili bowl with diced tomato salsa, cheese, guacamole, a tub of sour cream, and corn chips in a bag

### WEDNESDAY: Asian

Beef & Broccoli with basmati rice  
Special Fried Rice (tofu option)

### THURSDAY: Pizza

BBQ Chicken, Meatlovers or Hawaiian made in the Tuckshop using thin pizza bases, homemade sauce and low fat cheese

### FRIDAY: Pulled Pork Subs

Smoky slow cooked pulled pork with apple slaw in 6" sub rolls



## MENU DESIGN PRINCIPLES

### Audience:

Pre-prep – Yr 12, including international students  
Staff / Teachers  
Parents & wider school community

### Aim:

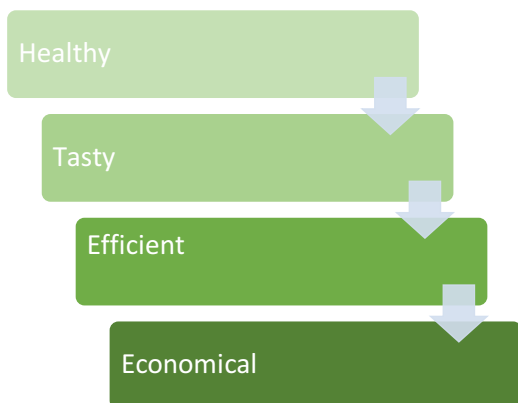
To have 80% green and 20% amber (reach a 4-5 'apple' rating by QAST / Smart Choices)

### Objectives:

1. Water to (eventually) not be sold in Tuckshop – supply School House branded water bottles and install sufficient quantity of water fountains around the school for ease of accessibility
2. To make all hot items in-house within 12 months
3. Continually improve the menu to supply interesting, tasty and healthy food which meets the demands of the school community
4. There must be a balance of items within each Category of Breakfast / Lunch / Snacks / Sweet Treats / Sushi / Salads / Sandwiches / Hot Food / Daily Specials

### Overarching framework:

Every item must meet the criteria of being:



### Review:

A process of continual improvement.  
Plan – Do – Check – Act

Menu to be reviewed after 1 month, 2 months, 3 months as well at every term / season.