

AUTUMN SCHOOL CANTEEN MENU

WEEKLY SPECIALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken vegetable stir-fry on noodles (\$1.10/serve*)	Baked vegetable frittata 🌿 (70c/serve*)	Nacho wrap (\$2.40/serve*)	Sushi selection (70c/serve or less*)	Fish burger (\$2.80/serve*)
				


SANDWICH SELECTION

Try these favourite fillings in wholegrain bread, rolls or wraps:

Chicken, cranberry and salad

Beef and **zesty coleslaw**

Curried egg and salad 🌿

Tomato and cheese toastie 🌿


Baked bean and cheese toastie 🌿

SOUP OF THE DAY

A good way to use leftover vegetables.

Classic pumpkin 🌿❄️

Chicken and leek ❄️

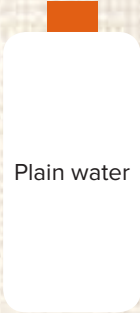
AUTUMN SALAD BOWLS

Falafel, roast veggies and **hummus** 🌿



Pesto chicken pasta salad



DRINKS


Plain, low- or reduced-fat milk



SIMPLE SNACKS

Veggie pieces with hummus dip*


Layered fruit and yoghurt cups*


Natural popcorn*


Pita pizza slice

Baked kumara wedges with tomato salsa*

Fruit and nut truffles*

Banana and feijoa cake ❄️

WHAT'S IN SEASON?

- Apples, pears, kiwifruit, feijoa and passionfruit.
- Courgette, butternut, eggplant, parsnip, leek and green beans.



- * Cost per serve (March 2018)
- + Cost \$1/serve or less to make.
- 🌿 Vegetarian mains.
- ❄️ Freezer-friendly: these items can be cooked, frozen then reheated. Remember to label clearly, use within three months and reheat to a safe temperature.

You can download the recipes for the **coloured/bold items** from heartfoundation.org.nz. Many of these menu options can be made gluten-free – contact us for more information.