

SCEGGS CAFETERIA - TERM 1 LUNCH SPECIALS MENU



WEEK A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH \$5.00	Low Fat Butter Chicken with Basmati Rice	Homemade Beef Lasagne with Salad	Lamb Skewers with Cous Cous Salad, Pita Bread & Scalloped Potatoes	Individual Homemade Shepherd's Pie with Cheese & Herb Crust	Fish & Chips with Lemon & Tartare
LUNCH VEGETARIAN \$5.00	Paneer Masala with Basmati Rice	Vegetarian Lasagne with Salad	Falafel with Wholemeal Pita Bread & Low Fat Dip	Individual Homemade Quiche with Salad	Hokkien Noodles & Vegetables with Soy & Honey Sauce
Grab 'N' Go \$4.50	Ham, Cheese & Tomato Focaccia Melt	Chicken Caesar Wrap	Chicken Souvlaki with Wholemeal Pita Bread, Hummus & Tabbouleh	Steak with Grilled Onions on a Damper Roll with Condiments	Toasted Ham, Cheese & Tomato Sandwich
WEEK B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH \$5.00	Beef Burger on a Turkish Bun Topped with Light Cheese & Tomato Salsa	Grilled Salmon Fillet with Teriyaki Marinade & Fried Rice	Chicken Schnitzel with Greek Salad, Potato Wedges, Lite Sour Cream & Sweet Chilli Sauce	Lean Beef Nachos with Tortilla Chips, Low Fat Cheese, Salsa, Guacamole & Natural Yoghurt	Pizza Day with Lean Ham & Pineapple Topped with Low Fat Mozzarella & Salad
LUNCH VEGETARIAN \$5.00	Lentil Burger on Wholemeal Turkish Bread	Stir Fry Asian Greens with Tofu & Fried Rice	Macaroni Cheese with Greek Salad	Vegetarian Bean Nachos with Corn Tortilla Chips, Low Fat Cheese, Salsa, Guacamole & Natural Yoghurt	Margarita Pizza with Salad
Grab 'N' Go \$4.50	Chicken Tandoori Wrap	Ham & Cheese Toastie	Meatball Sub with Cheese & BBQ Sauce	Pizza Pocket	Smoked Salmon, Avocado & Cream Cheese Bagel