



ONLINE LUNCH & SNACK SERVICE FOR FS-Y3 STUDENTS

Fed up with making lunch boxes? Struggling for new lunch box ideas? Wish someone could do it for you?

Great news, Tuck Shop Café can eliminate the hassle of planning, shopping and preparing different lunch boxes every school day! We have created a 4-week rolling snack & lunch menu, changing every term. Offering varied, healthy balanced meals to boost your children's energy levels throughout the day.

Each day choose from a wide selection of snacks, hot meals, panini, sandwiches, wraps and more. Our meals are prepared fresh, daily in the on-site school kitchen and include vegetarian, vegan, gluten and dairy free options daily.

Meals are delivered to the classroom.

Log on to tuckshopcatering.com to start enjoying our catering service 😊



For more information email: tuckshop@safacommunityschool.com



WEEK 1 Served Week:

6th–10th Jan/3rd–7th Feb

*Vegetarian options available daily *All vegetables are locally sourced where possible *Vegetables or side salad are served with each main meal * Bakes have low sugar and salt content

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

SERVED MONDAY-THURSDAY

Pasta with Tomato Sauce Penne Pasta VE/G with Protein rich red sauce VE/L/C

Whole-wheat pasta, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano

Pasta with Beef Bolognese Penne Pasta VE/G with Beef bolognese sauce L/C

Whole-wheat pasta, minced beef, tomato, carrot, onion, lentil, cinnamon, garlic, basil, olive oil, salt, pepper, Parsley, Oregano, bay leaf

NEW Gluten free pasta **VE** option for tomato and Bolognese sauce

MONDAY

Veg Hot Meal – Egg fried rice V/L/S/E

Rice, egg, pea, carrot onion, ginger, garlic, soy sauce

Non-Veg Hot Meal – Beef burrito D/G/L

Whole wheat tortilla, lean minced beef, rice, avocado, tomato, cheese, onion, capsicum, paprika, cumin, coriander, kidney beans

- **Fresh salsa VE/L/C**

Tomato, tomato paste, onion, garlic, carrot, celery, lentil, oregano, basil

- **Both served with sauteed carrots & zucchini VE**

TUESDAY

Veg Hot Meal – Vegetable noodles V/G/E/L/S/C

Egg noodles, rice noodles, mixed capsicum, celery, cabbage, carrot, onion, garlic, ginger, soy lite, olive oil

Non-Veg Hot Meal – Chicken teriyaki noodles

G/E/L/S/C

Chicken breast, egg noodles, rice noodles, cabbage, capsicum, green beans, celery, carrot, onion, garlic, teriyaki sauce, egg, olive oil

WEDNESDAY

Veg Hot Meal – Butternut tikka masala V/D/L

Butternut squash, carrots, peas, ginger onion, garlic, coriander, cumin garam masala, turmeric, tomato, natural yogurt, olive oil, rice

Non-Veg Hot Meal – Butter chicken D Rice VE

Chicken breast, ginger onion, garlic, coriander, cumin garam masala, turmeric, tomato, natural yogurt, low fat butter, rice

- **Both served with broccoli & carrots VE**

THURSDAY

Veg Hot Meal – Margarita pizza fingers V/G/D/L/C

Flour, yeast, sugar, salt, olive oil, low fat cheese, onion, garlic, tomato, tomato paste, carrot, celery, lentil, oregano, basil

Non-Veg Hot Meal – Chicken burger with lettuce & marinara sauce G/E/L/C

Chicken mince, egg, lettuce, seasoning, Italian herbs, tomato, lentil, carrot, garlic, onion, olive oil, bread roll

- **Both served with skin on wedges VE**

Potato, olive oil, salt, pepper

- **Garden peas VE/L and sweetcorn VE**

FRIDAY

Veg Hot Meal – Teriyaki mushroom bao buns VE/G/S

Bao bun, mushroom, soy lite, ginger, garlic, shredded carrot, shredded cabbage, coriander

Non-Veg Hot Meal – Teriyaki chicken bao buns G/S

Bao bun, chicken breast, soy lite, ginger, garlic, shredded carrot, shredded cabbage, coriander



WEEK 2 Served Week:

13th-17th Jan/10th-14th Feb

*Vegetarian options available daily *All vegetables are locally sourced where possible *Vegetables or side salad are served with each main meal *Bakes have low sugar and salt content

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

SERVED MONDAY-THURSDAY

Pasta with Tomato Sauce Penne Pasta VE/G with **Protein rich red sauce VE/L/C**

Whole-wheat pasta, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano

Pasta with Beef Bolognese Penne Pasta VE/G with **Beef bolognese sauce L/C**

Whole-wheat pasta, minced beef, tomato, carrot, onion, lentil, cinnamon, garlic, basil, olive oil, salt, pepper, Parsley, Oregano, bay leaf

NEW Gluten free pasta **VE** option for tomato and Bolognese sauce

MONDAY

Veg Hot Meal – Sweet & sour tofu VE/S

Tofu, pineapple, carrot, capsicum, red onion, ginger, garlic, corn flour, lite soy, date syrup, tomato sauce, vinegar

Non-Veg Hot Meal – Chili con carne (mild) C/L

Lean minced beef, tomato, kidney bean, mixed bell peppers, carrot, lentil, onion celery, garlic, cumin, coriander, paprika, olive oil, salt, pepper

- Served with rice, corn crackers **VE**

TUESDAY

Veg Hot Meal – Macaroni twist V/G/D/M

Macaroni, cauliflower, vegetable stock, onion, low fat cheese, low fat milk, mustard, garlic, salt, pepper

Non-Veg Hot Meal – Glazed chicken

Chicken breast, chicken stock, date syrup, garlic, Italian seasoning, sweet paprika, garlic, olive oil

- **Mash potato V/D**

Potato, low fat milk, seasoning

- Both served with cauliflower and carrots **VE**

WEDNESDAY

Veg Hot Meal – Chickpea curry VE/L

Chickpea, onion, cumin, paprika, garlic, curry powder, turmeric, tomato paste, carrot, lentil

Non-Veg Hot Meal – Chicken tikka masala D

Chicken breast, garlic, olive oil, salt, pepper, masala powder, onion, ginger, tomato paste, garlic, natural yogurt

- Both served with rice, broccoli and cauliflower **VE**

THURSDAY

Veg Hot Meal – Margarita pizza fingers V/G/D/L/C

Flour, yeast, sugar, salt, olive oil, low fat cheese, onion, garlic, tomato, tomato paste, carrot, celery, lentil, oregano, basil

Non-Veg Hot Meal – Parmesan chicken tenders G/E/D

Chicken breast, egg, breadcrumbs, parmesan, seasoning

- Both served with fresh wedges, sweetcorn **VE**
- Peas **VE/L**

Potato, olive oil, oregano, salt pepper, sweetcorn, garden peas

FRIDAY

Veg Hot Meal – Vegetable spring rolls with sweet chili sauce VE/G/L Carrot sticks VE

Filo pasty, cabbage, carrot, green bean, mix capsicum, seasoning, sweet chili sauce, carrot

Non-Veg Hot Meal – Chicken dumpling with soy sauce dip G/C/S Carrot sticks VE

Chicken, flour, celery, onion, coriander, ginger, garlic, seasoning, chicken stock, corn flour, lite soy, carrot



WEEK 3 Served Week:

20th-24th Jan/17th-21st Feb

*Vegetarian options available daily *All vegetables are locally sourced where possible *Vegetables or side salad are served with each main meal * Bakes have low sugar and salt content

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

SERVED MONDAY-THURSDAY

Pasta with Tomato Sauce Penne Pasta **VE/G** with **Protein rich red sauce VE/L/C**

Whole-wheat pasta, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano

Pasta with Beef Bolognese Penne Pasta **VE/G** with **Beef bolognese sauce L/C**

Whole-wheat pasta, minced beef, tomato, carrot, onion, garlic, lentil, cinnamon, basil, olive oil, salt, pepper, Parsley, Oregano, bay leaf

NEW Gluten free pasta **VE** option for tomato and Bolognese sauce

MONDAY

Veg Hot Meal – Butternut & spinach lasagna **V/G/D/C**

Butternut, zucchini, tomato, carrot, celery, onion, garlic, basil, olive oil, salt, pepper, parsley, oregano, bay leaf, low fat milk, flour, low fat cheese, pasta sheet

Non-Veg Hot Meal – Chicken shish tawouk **D**

Chicken breast, low fat natural yogurt, lemon juice, garlic, sweet paprika, seasoning

- **Rice VE**
- **Both served with roasted carrot, zucchini, pumpkin, onion garlic VE**

TUESDAY

Veg Hot Meal – Veggie bake with cheesy mash **topping V/D/L**

Lentil, onion, celery, carrot, courgetti, pumpkin, rosemary, tomato, vegetable stock, garlic, potato, low fat milk, low fat cheese

Non-Veg Hot Meal – Sausage mash & gravy **G/S/D**

Chicken sausage, potato, low fat milk, chicken stock, lite soy, pepper

- **Both served with peas and carrots VE/L**

WEDNESDAY

Veg Hot Meal – Teriyaki veggie noodles **G/E/L/S**

Egg noodles, rice noodles, mixed capsicum, celery, cabbage carrot, onion, teriyaki sauce, garlic, ginger, olive oil

Non-Veg Hot Meal – Butter chicken **D Rice VE**

Chicken breast, ginger onion, garlic, coriander, cumin garam masala, turmeric, tomato, natural yogurt, low fat butter, rice

- **Served with rice & vegetables VE**

THURSDAY

Veg Hot Meal - Margarita pizza **V/G/D/L/C**

Flour, yeast, sugar, olive oil, salt, low fat cheese, onion, garlic, tomato, celery, tomato paste, carrot, lentil, oregano, basil

Non-Veg Hot Meal – 100% beef burger with lettuce marinara sauce **G/E/L/C**

Lean beef mince, egg, seasoning, Italian herbs, tomato, lentil, carrot, garlic, onion, olive oil, lettuce, bread roll

- **Both served with fresh wedges, sweetcorn VE Peas VE/L**

Potato, olive oil, seasoning, sweetcorn, garden peas

FRIDAY

Veg Hot Meal – Cheesy garlic herb fingers with marinara dip **V/G/D/L/C** Carrot sticks **VE**

Flour, yeast, sugar, olive oil, salt, garlic, herbs, low fat cheese, onion, tomato, celery, tomato paste, carrot, lentil, oregano, basil, carrot

Non-Veg Hot Meal – Barbeque chicken bao buns **G/S**

Bao bun, chicken breast, barbeque sauce, ginger, garlic, shredded carrot, shredded cabbage, coriander



WEEK 4 Served Week:

27th-21st Jan/24th-28th Feb

*Vegetarian options available daily *All vegetables are locally sourced where possible *Vegetables or side salad are served with each main meal *Bakes have low sugar and salt content

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard

SERVED MONDAY-THURSDAY

Pasta with Tomato Sauce Penne Pasta VE/G with Protein rich red sauce VE/L/C

Whole-wheat pasta, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano

Pasta with Beef Bolognese Penne Pasta VE/G with Beef bolognese sauce L/C

Whole-wheat pasta, minced beef, tomato, carrot, onion, lentil, cinnamon, garlic, basil, olive oil, salt, pepper, Parsley, Oregano, bay leaf

NEW Gluten free pasta **VE** option for tomato and Bolognese sauce

MONDAY

Veg Hot Meal – Butternut risotto V/D

Butternut squash, arborio rice, vegetable stock, garlic, olive oil, low fat butter, onion, basil, salt, pepper

Non-Veg Hot Meal – Beef meat balls in Moroccan tomato sauce E

Beef, egg, cumin, coriander, paprika, turmeric, cinnamon, tomato, onion, garlic, salt, pepper, olive oil

- **Rice VE**
- **Both served with broccoli VE**

TUESDAY

Veg Hot Meal – Cauliflower cheese gratin V/G/D

Cauliflower, flour, low fat cheese, low fat butter, nutmeg, breadcrumbs, seasoning, potato, olive oil

Non-Veg Hot Meal – Roast chicken with gravy

Chicken breast, chicken stock, seasoning, potato, olive oil, seasoning

- **Both served with roast potatoes VE**
Potato, olive oil, seasoning
- **broccoli and carrots VE**

WEDNESDAY

Veg Hot Meal – Nut free pesto linguini V/G/D

Whole-wheat pasta, basil, garlic, parmesan, olive oil, low fat cheddar cheese, salt, pepper

Non-Veg Hot Meal – Chicken katsu curry G/E

Chicken breast, egg, bread, ginger onion, vegetable oil, garlic, curry powder, turmeric, tomato, lite coconut milk

- **Rice VE**
- **Both served with broccoli and cauliflower VE**

THURSDAY

Veg Hot Meal – Margarita pizza fingers V/G/D/L

Flour, yeast, sugar, salt, olive oil, low fat cheese, onion, garlic, tomato, tomato paste, carrot, lentil, oregano, basil

Non-Veg Hot Meal – Chicken hotdog G

Fresh chicken sausage, bread roll

- **Both served with fresh wedges, sweetcorn VE**
Peas VE/L
Potato, olive oil, oregano, salt pepper, sweetcorn, garden peas

FRIDAY

Veg Hot Meal – Veggie burrito V/D/G/L

Whole wheat tortilla, rice, avocado, sweetcorn, tomato, cheese, onion, capsicum, paprika, cumin, coriander, kidney beans

Non-Veg Hot Meal – Chicken burrito D/G/L

Whole wheat tortilla, chicken breast, rice, avocado, sweetcorn, tomato, cheese, onion, capsicum, paprika, cumin, coriander, kidney beans