

# The Hills Grammar School

## 2016 WEEKLY MENU

MONDAY		
Recess	Small Tub of Watermelon	\$3.00
	Savory Box – Cheese Slice, Sultanas, Carrot Sticks & Rice Crackers	\$4.00
Lunch	Chicken Enchiladas	\$6.20
	Hot Roast Beef Roll w/gravy	\$6.00
	Vegetarian Fried Rice	\$6.00
Salad	Caesar Salad w/optional Chicken or Egg & Chicken	\$6.00
	Garden Salad w/optional Chicken or Ham	\$6.00
TUESDAY		
Recess	Low Fat Vanilla Yoghurt Pot Topped w/Berries	\$3.00
	Small Fruit Salad	\$4.00
Lunch	Spicy Chicken Wings Served with Wedges	\$6.20
	Italian Meatball Pasta Bake	\$6.20
	Baked Potato w/ choice of Toppings: Cream Corn Avocado & Sour Cream or Bolognese & Cheese	\$6.00
Salad	Caesar Salad w/optional Chicken or Egg & Chicken	\$6.00
	Garden Salad w/optional Chicken or Ham	\$6.00
WEDNESDAY		
Recess	Jam Pikelets & Flavoured Milk	\$3.80
	Large Fresh Corn on the Cobb	\$2.50
Lunch	Beef Ravioli w/ Napolitano Sauce	\$6.00
	Soy Chicken Drumettes & Steamed Jasmine Rice	\$6.20
	Asian Vegetable Stir Fry w/Hokkien Noodles	\$6.00
Salad	Caesar Salad w/optional Chicken or Egg & Chicken	\$6.00
	Garden Salad w/optional Chicken or Ham	\$6.00
Wrap Special	Falafel, Hummus, Lettuce & Cheese on a Tortilla Wrap	\$6.00
THURSDAY		
Recess	½ Slice of Banana Bread & Custard Tub	\$3.50
	Vegetable Sticks w/ Hummus	\$3.50
Lunch	Chicken & Vegetable Noodle Stir Fry	\$6.20
	Ham & Egg Fried Rice	\$6.00
	Potato Gnocchi served with a Rich Tomato Sauce	\$6.00
Salad	Caesar Salad w/optional Chicken or Egg & Chicken	\$6.00
	Garden Salad w/optional Chicken or Ham	\$6.00
Burger Special	Fish Fillet with Lettuce and Tartare Sauce	\$6.00
FRIDAY		
Recess	Carrot & Celery Sticks	\$3.00
	Jam Pikelets & Flavoured Milk	\$3.80
Lunch	Hot Dog w/ Tomato Sauce	\$4.00
	Spaghetti Bolognese	\$6.20
	Vegetarian or Beef Nacho's	\$6.00
Salad	Caesar Salad w/optional Chicken or Egg & Chicken	\$6.00
	Garden Salad w/optional Chicken or Ham	\$6.00
Wrap Special	Chicken Caesar Salad or Tortilla Wrap	\$6.00