South Island School

April 2018

Super Green Monday 16/4/2018

Share your thoughts

	Green Monday	Tuesday	Wednesday	Thursday	Friday
	16/04	17/04	18/04	19/04	20/04
Hot Dish A	Cauliflower & Green Peas Patties with Mashed Potato (Contains Dairy, Contains Egg)	Chili Con Carne with Mash Potato (Contains Dairy)	Chicken Stroganoff Pasta (Contains Dairy)	Fried Fish with Sweet Corn Sauce with Rice (Contains Fish, Contains Egg)	Lemongrass Chicken with Rice
B	Moroccan Lentil Stuffed Eggplant with Red Rice (Contains Dairy, Contains Egg)	Portuguese Chicken (Macau Style) with Rice (Contains Dairy)	Steamed Fish with Spring Onion & Soy Sauce with Rice (Contains Fish)	Stir-Fried Celery Chicken with Rice	Curry Fish with Rice (Contains Fish, Contains Dairy)
C	Greek Spinach Pie (Contains Dairy, Contains Egg)	Stir fried Japanese Udon & Bean Sprouts	Creamy Sauce with Mushroom with Pasta (Contains Egg, Contains Dairy)	Mixed Vegetables Lasagna (Contains Egg, Contains Dairy)	Roasted Assort Veg Lasagna (Contains Egg, Contains Dairy)
	23/04	24/04	25/04	26/04	27/04
Hot Dish A	Baked Pasta with Tomato Chicken & Mozzarella (Contains Egg, Contains Dairy)	Roasted Pork Loin with Gravy Sauce and Mash Potatoes (Contains Dairy)	Teriyaki Chicken & Assorted Veg with Rice	Pork Chop with Onion Sauce with Pasta (Contains Egg)	Pan Fried Fish with Fresh Tomato Sauce & Steamed Potatoes (Contains Fish)
B	Teriyaki Pork with Rice	Italian Chicken Cacciatoria (Skiness) with Red Rice	Tandoori Fish with Red Rice (Contains Fish)	Sweet & Sour Pork with Rice (Contains Egg)	Chinese Style BBQ Pork with Rice
C	Fried Tomato with Scrambled Egg & Rice (Contains Egg)	Braised Egg Tofu & Mushroom with Red Rice (Contains Egg)	Roast Vegetable & Chickpea Chili& Rice	Korean Zucchini Fritters (Hobak Buchimgae) (Contains Egg)	Spanish Omelet (onion & potatoes) (Contains Egg, Contains Dairy)
	30/04				
Hot Dish A	CPD (SIS Day)				
B					
C					

EAT MORE — There foods should form the basis of your diet. So fill up on them.

EAT MODERATELY — Best eaten in moderation. These food are still important for a balanced diet.

EAT LESS — Don't have too much of these. Just treat ourselves every so often.

green monday

Chartwells