



BESPOKE SCHOOL CANTEENS
HEALTHY. NUTRITIOUS. DELICIOUS

Weekly Specials \$6

children and youth empowered to make healthy, life-long sustainable food choices



All meals come with a small bottle of water OR Quech Stick

MONDAY:

Meatball Madness



A simple appealing dish that will not disappoint!

Beef meatballs in a rich aromatic Napolitana (tomato) based sauce served with pasta & includes a bonus mini side salad.

TUESDAY:

Big Birds Butter Chicken



Scrumptious bang of flavour that will be devoured in a hurry!

Chicken pieces cooked in a creamy rich sauce with a hint of sweetness from pureed juicy tomatoes & enriched with green beans, all served on a bed of basmati rice with an aroma of fenugreek (kasuri methi) plus+ a mini cucumber salad cup.



WEDNESDAY:

Middle Eastern Pizza



Impossibly delicious topped with a burst of flavour.

Foldable flatbread dough topped with an array of delectable toppings like zaatar, halloumi cheese, spiced meats and tomatoes and baked till golden brown.

- Zingy Zaatar: slathered with luscious Zaatar spice blend & olive oil
- Zaatar Delight: zaatar mix, tomato, cucumber, opt: olives, labneh or fetta
- Mighty Meat Manoush: lamb mince with minced tomato and spices
- Cheeky Cheese: delicious halloumi styled stringy cheese
- Vegetarian Pizza: tomato base, cheese, capsicum, olives, onion, tomato

Zaatar spice mix is a slightly zesty spice which is a mixture of sumac berries (dried and powdered), thyme, oregano, sesame seeds.

THURSDAY:

Tangled Teriyaki Chicken



A lip-shmacking experience that is sure to become a favourite!

Succulent stir-fried chicken pieces, seasonal vegetables & hokkien noodles simmered in a luscious flavour packed home-styled teriyaki sauce with a hint of garlic and ginger; plus, a mini mango yogurt.

FRIDAY:

Epic Nachos Supreme



This is a flavour packed sensation the kids will love!

Oven baked crisps, seasoned ground beef, black beans topped with cheese, lettuce, pico di gallo (fresh salsa) & creamy yogurt.



Please come and talk to us if your child has any dietary requirements, food allergies or intolerance