

2021 Term 2 SAKG Menu

Aussie Cuisine

Crunchy Coleslaw with Creamy Dressing



Ingredients:

- 1 large cabbage (shredded)
- 1 large green capsicum (diced)
- 2 carrot (grated)
- 2 sticks of celery finely (chopped)
- ½ red onion (finely sliced)

Dressing:

- 1/2 cup Mayonnaise (Veganise for Vegan)
- 1 ½ tablespoons honey
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- ¼ teaspoon sea salt
- Pinch of freshly ground black pepper

Fresh Garden Salad with Vinegar Dressing



Ingredients:

- 4 cups of mix salad
- ½ Pun net of cherry tomatoes, cut in half
- 2 Large carrot, chopped
- 3 Small radishes, thinly sliced
- 2 Lebanese cucumber, diced
- ½ Red onion, sliced

Vinegar Dressing

- ¼ cup granulated sugar
- 1 teaspoon salt
- 1 teaspoon celery seed
- 1 teaspoon mustard seed
- 1 ½ cups white vinegar
- Dash black pepper

Vegetarian Sausage Rolls



Ingredients:

5 sheets of Puff Pastry at room temperature (G.F option)

1 Egg *beaten*

2 tsp White or black Sesame Seeds

Filing

1 Red Onion, *Finely Diced*

1 Clove Of Garlic, *Diced*

3 tsp Cumin

1/2 cup Breadcrumbs (G.F option)

2 tbsp Finely Chopped Flat Leaf Parsley

1 cup Baby Spinach

1 can of Lentils *drained*

2 tbsp. Olive Oil

2 Sweet Potato *peeled and grated*

1/2 cup Rolled Oats (G.F Quinoa option)

1 Egg, Beaten

Rosemary Damper



Ingredients:

500 grams self-rising flour (gluten-free option)

Pinch salt

20g butter (non-diary)

1/2 cup milk (lactose free)

Water (roughly 1 – 1.25 cups)

3 tbsp. Rosemary