



THE LUNCH BOX CANTEEN MENU 2018

SILVER ACCREDITATION

OPENING HOURS
 THURSDAY - RECESS (COUNTER SALES ONLY)
 FRIDAY - RECESS AND LUNCH (COUNTER SALES + LUNCH ORDERS)

ORDER ONLY

SANDWICHES

Fresh or Toasted

Wholemeal, White, Wholegrain

Fillings: cheese, ham, tomato, baked beans, pineapple, spinach, corn, capsicum, chicken.

- 1 Filling \$ 2.50
- 2 Fillings \$ 3.00
- 3 Fillings \$ 3.50

HOT ROLLS

Fillings : cheese, ham, pineapple.

- 1 Filling \$ 2.50
- 2 Fillings \$ 3.00
- 3 Fillings \$ 3.50

GARLIC BREAD

\$ 1.50

COLD ROLLS

Fillings : cheese, ham, tomato, chicken, pineapple, spinach, capsicum.

- 1 Filling \$ 2.50
- 2 Fillings \$ 3.00
- 3 Fillings \$ 3.50

SALAD ROLLS

Ham or Chicken

mesculin, capsicum, cucumber, tomato, cheese.

\$ 4.00

WHOLEGRAIN WRAPS

Ham or Chicken

mesculin, capsicum, cucumber, tomato, cheese.

\$ 4.00

SALAD TUB

+ Ham or Chicken

mesculin, capsicum, carrot, cucumber, tomato, cheese, fat free Italian dressing.

\$ 3.50

\$ 4.50

FRESH FRUIT SALAD

mixture of seasonal fruits (gf).

\$ 3.00

HOT CORN COB (gf)

\$ 1.00

ORDER ONLY

MEAT PIE - Magnificent 7 (180g) \$ 3.50

PARTY PIE - Magnificent 7 (60g) \$ 1.50

SAUSAGE ROLL - The Good (60g) \$ 1.50

Tomato Sauce \$ 0.30

CHICKEN BURGER \$ 4.50

mesculin, capsicum, cucumber, tomato, cheese.

Fat Free Mayonnaise \$ 0.30

FRESH PIZZA

Ham and Pineapple \$ 3.50

Vegetarian (spinach, mushroom, capsicum). \$ 3.50

Bbq Chicken (chicken, spinach, capsicum) \$ 3.50

LASAGNE - Blasta Pasta (200g) \$ 4.00

To Order:

* Write order on paper bag or lunch wallet, including name and class.

*Place money in bag (do not staple or sticky tape).

*Place in tub in classroom by 9:00am

THURSDAY

*Lunch supplied to class Friday.

No Paper Bag? Use an envelope and include \$0.10c for the bag



FOR ALLERGIES OR SPECIAL DIETARY REQUIREMENTS PLEASE CONTACT ANGELA (CANTEEN COORDINATOR) Mob: 0400316167

COUNTER SALES & ORDERS

TOMATO PASTA & CHEESE \$ 2.00

CHICKEN NOODLES - Fat Free \$ 1.50

SNACKS, FRUIT AND VEGE

Fresh Fruit Slices, Frozen Fruit (gf) \$ 0.50

Pineapple Rings (gf) \$ 0.50

Carrot Sticks, Cucumber Sticks (gf) \$ 0.50

Chocolate Mousse (low fat, gf) \$ 1.00

Custard Cup (low fat, gf) \$ 1.50

Custard Cup + Fruit \$ 2.00

Fresh Large Fruit Muffin \$ 1.00

Zucchini Scone \$ 0.50

Pikelets \$ 0.50

Fruit Balls \$ 1.00

Piranha Vege Crackers (gf) \$ 1.50

Chinese Rice Crackers \$ 0.80

Popcorn (gf) \$ 0.20

Yoghurt Frogs (price per frog, 3 max) \$ 0.20

DRINKS AND ICE CREAMS

Bottled Water - 600ml \$ 1.00

***Milk** - Hot or Cold. \$ 1.00

***Milo** - Hot or Cold. \$ 1.50

Nippys Milk 250ml - chocolate, strawberry. \$ 2.30

***Milkshakes** - chocolate, strawberry, vanilla, blue heaven. \$ 2.00

***Paddle Pop** - chocolate, banana. \$ 1.40

***Bulla Frozen Fruit Yoghurt Sticks** \$ 1.60

***Quelch Stick** - 99% fruit juice (gf). \$ 0.80

***½ Quelch Stick** - 99% fruit juice (gf). \$ 0.40

Nippys Juice 250ml \$ 2.00

orange, apple, apple/blackcurrant.

* **ORDERED DRINKS AND ICE CREAMS MARKED WITH AN ASTRIX MUST BE COLLECTED FROM THE CANTEEN.**



OCCASIONAL - Red only on the odd occasion

SELECT CAREFULLY - Amber okay, but not every day

EVERYDAY - Green foods are great

Fortnightly Specials are printed on the back of the menu.