#### AS OF TERM 1 28/1/2014

LOCKLEYS NORTH PRIMARY SCHOOL

## Food and drink in this category are the best choice. You should choose plenty of green!

HOT FOODS Chicken Wrap-mayo and salad Hamburger Cheese & Salad & Sauce Chicken Burger-Cheese,mayo & salad Garlic Bread	\$3.80 \$3.80 \$3.80 \$1.50
Sandwiches (Multigrain,Wholemeal,White) Ham & Salad Tuna/lettuce Salad	\$4.00 \$3.50 \$3.60
Extras (each) Cheese,Tomato,Lettuce,Carrot,Cucumber Tomato sauce Mayonnaise	\$0.60 \$0.20 \$0.20
SALAD PACK MADE FRESH Ham, cheese & salad Salad	\$4.00 \$4.00
FRUIT Seasonal	\$1.00
DAIRY Pauls Pouch Squeezy Yoghurt Strawberry, Vanilla or Banana	\$2.00
DRINKS Icy Cold Water Breaka: Chocolate, Strawberry Oak Light 300ml flavoured milk Chocolate, Strawberry or Banana	\$1.50 \$1.80 \$2.00
Orchy Juice 200ml- (Orange, Apple, Apple and Blackcurrant)	\$1.50

**HEALTHY EATING GUIDE:** Please choose lunch orders carefully and do not order selections from the amber menu everyday for selection... eat more Green than Amber across the week!

#### JOIN US AS A CANTEEN HELPER

Please volunteer to help out for one or two hours at least once a term in the canteen. Grandparents can help too! Please contact Sharon Harris, Canteen Manager

### CANTEEN BAGS 20 FOR 50 CENTS

Food and drink in the amber category should be chosen carefully. Amber food is sometimes food!

# HOT FOODS

HOT FOODS	
Home Made Lasagne, Spagl	netti \$4.00
Home Made Mac & Cheese	\$4.00
Home Made Fried Rice	\$4.00
Pie, Pasty or Sausage Roll	\$3.50
Hot Dog in a Roll	\$2.80
Hot Dog in a Roll with sauce	\$3.00
Hot Dog in Bread	\$2.00
Hot Dog in Bread with sauce	\$2.20
Pizza (supreme or ham & pineapple)	\$2.50
Hot Noodles	\$2.50
Chicken Nuggets	\$0.50
Hash Browns	\$0.50
SAUCE Portion	\$0.30
Hamburger	
Plain	\$2.50
Cheese/Sauce	\$3.00
Sandwiches (Mulitgrain,Who	lemeal.White)
Vegemite	\$1.50
Ham	\$2.50
Cheese	\$1.60
TOASTED SANDWICH ADD	
EXTRAS (Cheese, Tomato, Cu	
EXTRAS (Cheese,Tomato,Co ADD 60 CENTS Each	
EXTRAS (Cheese,Tomato,Co ADD 60 CENTS Each SNACKS	ucumber,Carrot,Lettuce)
EXTRAS (Cheese,Tomato,Co ADD 60 CENTS Each SNACKS JJ'	ucumber,Carrot,Lettuce) \$1.20
EXTRAS (Cheese,Tomato,Co ADD 60 CENTS Each SNACKS JJ' Popcorn	st.20 \$1.20
EXTRAS (Cheese,Tomato,Cu ADD 60 CENTS Each SNACKS JJ' Popcorn Red Rock Honey Soy Chips	\$1.20 \$1.20 \$1.20 \$1.20
EXTRAS (Cheese,Tomato,Cu ADD 60 CENTS Each SNACKS JJ' Popcorn Red Rock Honey Soy Chips Jumpy's	\$1.20 \$1.20 \$1.20 \$1.20 \$1.20 \$0.80
EXTRAS (Cheese,Tomato,Cu ADD 60 CENTS Each SNACKS JJ' Popcorn Red Rock Honey Soy Chips Jumpy's Mamee Noodles	\$1.20 \$1.20 \$1.20 \$1.20 \$0.80 \$0.80
EXTRAS (Cheese,Tomato,Cu ADD 60 CENTS Each SNACKS JJ' Popcorn Red Rock Honey Soy Chips Jumpy's	\$1.20 \$1.20 \$1.20 \$1.20 \$1.20 \$0.80
EXTRAS (Cheese,Tomato,Cu ADD 60 CENTS Each SNACKS JJ' Popcorn Red Rock Honey Soy Chips Jumpy's Mamee Noodles Chocolate Chip Muffin	\$1.20 \$1.20 \$1.20 \$1.20 \$0.80 \$0.80
EXTRAS (Cheese,Tomato,Cu ADD 60 CENTS Each SNACKS JJ' Popcorn Red Rock Honey Soy Chips Jumpy's Mamee Noodles Chocolate Chip Muffin ICEBLOCKS	\$1.20 \$1.20 \$1.20 \$1.20 \$0.80 \$0.80 \$2.00
EXTRAS (Cheese,Tomato,Cu ADD 60 CENTS Each SNACKS JJ' Popcorn Red Rock Honey Soy Chips Jumpy's Mamee Noodles Chocolate Chip Muffin ICEBLOCKS Billa-Bongs	\$1.20 \$1.20 \$1.20 \$1.20 \$0.80 \$0.80
EXTRAS (Cheese,Tomato,Cu ADD 60 CENTS Each SNACKS JJ' Popcorn Red Rock Honey Soy Chips Jumpy's Mamee Noodles Chocolate Chip Muffin ICEBLOCKS Billa-Bongs (chocolate or rainbow)	\$1.20 \$1.20 \$1.20 \$1.20 \$0.80 \$0.80 \$2.00 \$1.50
EXTRAS (Cheese,Tomato,Cu ADD 60 CENTS Each SNACKS JJ' Popcorn Red Rock Honey Soy Chips Jumpy's Mamee Noodles Chocolate Chip Muffin ICEBLOCKS Billa-Bongs (chocolate or rainbow) Frozen Juice Cups	\$1.20 \$1.20 \$1.20 \$1.20 \$0.80 \$0.80 \$2.00
EXTRAS (Cheese,Tomato,Cu ADD 60 CENTS Each SNACKS JJ' Popcorn Red Rock Honey Soy Chips Jumpy's Mamee Noodles Chocolate Chip Muffin ICEBLOCKS Billa-Bongs (chocolate or rainbow) Frozen Juice Cups (Orange or Apple)	\$1.20 \$1.20 \$1.20 \$0.80 \$0.80 \$2.00 \$1.50 \$0.80
EXTRAS (Cheese,Tomato,Cu ADD 60 CENTS Each SNACKS JJ' Popcorn Red Rock Honey Soy Chips Jumpy's Mamee Noodles Chocolate Chip Muffin ICEBLOCKS Billa-Bongs (chocolate or rainbow) Frozen Juice Cups (Orange or Apple) Quelch Fruit Sticks	\$1.20 \$1.20 \$1.20 \$1.20 \$0.80 \$0.80 \$2.00 \$1.50 \$0.80 \$2.00
EXTRAS (Cheese,Tomato,Cu ADD 60 CENTS Each SNACKS JJ' Popcorn Red Rock Honey Soy Chips Jumpy's Mamee Noodles Chocolate Chip Muffin ICEBLOCKS Billa-Bongs (chocolate or rainbow) Frozen Juice Cups (Orange or Apple) Quelch Fruit Sticks Slushies	\$1.20 \$1.20 \$1.20 \$1.20 \$0.80 \$0.80 \$2.00 \$1.50 \$0.80 \$2.00
EXTRAS (Cheese,Tomato,Cu ADD 60 CENTS Each SNACKS JJ' Popcorn Red Rock Honey Soy Chips Jumpy's Mamee Noodles Chocolate Chip Muffin ICEBLOCKS Billa-Bongs (chocolate or rainbow) Frozen Juice Cups (Orange or Apple) Quelch Fruit Sticks Slushies Jelly Sticks	\$1.20 \$1.20 \$1.20 \$1.20 \$0.80 \$0.80 \$2.00 \$1.50 \$0.80 \$0.50 \$1.50 \$0.20
EXTRAS (Cheese,Tomato,Cu ADD 60 CENTS Each SNACKS JJ' Popcorn Red Rock Honey Soy Chips Jumpy's Mamee Noodles Chocolate Chip Muffin ICEBLOCKS Billa-Bongs (chocolate or rainbow) Frozen Juice Cups (Orange or Apple) Quelch Fruit Sticks Slushies Jelly Sticks Lemonade Icy Pole	\$1.20 \$1.20 \$1.20 \$1.20 \$0.80 \$0.80 \$2.00 \$1.50 \$0.80 \$0.50 \$1.50 \$0.20 \$1.20
EXTRAS (Cheese,Tomato,Cu ADD 60 CENTS Each SNACKS JJ' Popcorn Red Rock Honey Soy Chips Jumpy's Mamee Noodles Chocolate Chip Muffin ICEBLOCKS Billa-Bongs (chocolate or rainbow) Frozen Juice Cups (Orange or Apple) Quelch Fruit Sticks Slushies Jelly Sticks Lemonade Icy Pole Zings	\$1.20 \$1.20 \$1.20 \$1.20 \$0.80 \$2.00 \$1.50 \$0.80 \$0.50 \$1.50 \$0.20 \$1.20 \$0.80
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