

LYNDHURST PRIMARY SCHOOL CANTEEN MENU 2017

Sandwiches

Salad (V)	\$4.00
Cheese + Salad (V)	\$4.50
Cheese (V)	\$2.50
Vegemite	\$2.00
Cheese and tomato (V)	\$3.00
Ham	\$4.00

Sandwiches are made with wholemeal Bread unless White Bread is requested.

If you'd prefer a roll or wrap instead of a sandwich, add 60c. Gluten Free Bread available for \$1 extra.

Toasted Sandwiches

Cheese (V)	\$3.20
Cheese & Tomato (V)	\$3.80
Ham + Cheese	\$4.00

Salads

Lettuce, Tomato, Carrot, Cucumber, Cheese, Boiled Egg & Mini Bread Roll. (V)	\$6.00
Salad with Ham	\$6.50

Tasty and Healthy Warm Foods

Homemade Spaghetti Bolognese (H)	\$4.00
Lasagne (Low Fat)	\$4.40
Chicken Dino Snacks (oven baked) x 3 (H)	\$2.50
x 6 (H)	\$4.00
Chicken Dino Wrap (3 Dinosaurs, Lettuce, Mayo) (H)	\$4.00
Spinach & Cheese Roll (V)	\$3.30
Chicken Burger with Lettuce, low fat Mayo (H)	\$5.00
Beef Burger (light) with Cheese and Sauce	\$5.00

Warm Selection for now and then.

Hot Dog (Low fat, Skinless)	\$3.50
(Sauce or Mustard add 20c ea. Cheese add 40c)	
Dim Sim steamed x 3 (or singles \$1.00 ea) (H)	\$2.80
Sausage Roll (Healthy Eating Range) (H)	\$3.30
Party Pies (Healthy Eating Range)	\$1.40
3 Party Pies (Healthy Eating Range)	\$4.00
Macaroni Cheese (V)	\$4.20

Healthy Choice Snacks

Apple, Orange, or Banana	\$1.50
Boiled Egg	\$1.50
Carrot Sticks	\$1.00
Homemade Muffin	\$1.20
Homemade Cookie	\$1.20
Homemade Honey Joys	\$0.50
Deli Chips (Sea Salt or Honey Soy)	\$1.20
JJs Snacks (Chicken, Burger, Pizza)	\$1.20
Fruit Salad in a cup	\$2.00
Sultanas	\$1.00

Drinks and Frozen Treats

Just Juice 100% Apple, Orange, ABC	\$2.20
Milk (low fat) Chocolate, Strawberry, H/Comb	\$2.20
Frozen Apple based Slushies	\$2.20
Warm Milo (no added sugar/low fat milk)	\$2.20
(Available Terms 2 & 3 only)	
Frozen 100% Juice Cups: Apple, Orange, ABC	\$1.00
Zings or Quelch Frozen 100% Juice	\$1.00

Please make sure lunch orders have a name and grade marked clearly on them.

Please do not use staples or sticky tape on bags.

Paper lunch bags are available for 10c each.

Tomato Sauce Portions 20c.

Soy Sauce No Charge.

*(V) Indicates vegetarian meals.

*(H) Available in Halal. Our chicken items are Steggles, which are Halal certified.

If your child gets their lunch order bag back at lunchtime with a sticker on it, it means that they need to go to the Canteen pick up an item e.g. slushie or frozen juice cup.

MEAL DEALS \$6 EACH

MEAL DEAL 1

Spinach & Cheese Roll

Choose: A Muffin, Cookie, Jelly, Frozen
Juice Cup or Zing

Choose: Any Drink or Slushie

MEAL DEAL 2

Homemade Spaghetti Bolognese

Choose: A Muffin, Cookie, Jelly, Frozen
Juice Cup or Zing

Choose: Any Drink or Slushie

MEAL DEAL 3

Hot Dog

Choose: A Muffin, Cookie, Jelly, Frozen
Juice Cup or a Zing

Choose: Any Drink or Slushie

MEAL DEAL 4

Chicken Dino Wrap

Choose: A Muffin, Cookie, Jelly, Frozen
Juice Cup or Zing.

Choose: Any Drink or Slushie

MEAL DEAL 5

3 Steamed Dim Sims (soy sauce
optional)

Choose: a Muffin, Cookie, Jelly, Frozen
Juice Cup or Zing

Choose: Any Drink or Slushie

MEAL DEAL 6

3 Party Pies

Choose: A Muffin, Cookie, Jelly, Frozen
Juice, or Zing

Choose: Any Drink or Slushie

*PLEASE BE SURE TO CHOOSE WHICH ITEMS FROM EACH MEAL DEAL THAT YOU REQUIRE
AND CHOOSE ANY DRINK FROM THE MENU

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