



Jells Park Primary School Canteen Menu September 2017

Sandwiches...

Choose a Wholemeal or White

Sandwich with a selection of fillings including:

Plain Salad	3.50
Roasted Chicken	3.60
Cheese	2.80
Vegemite	2.80
Tomato	2.80
Cheese & Tomato	3.20
Cheese & Lettuce	3.00
Cheese & Vegemite	3.00
Egg & Lettuce	3.50
Ham & Cheese	3.40
Ham , Cheese & Tomato	3.60
Chicken, Lettuce & Mayo	4.00
Ham & Salad	4.00
Tuna & Salad	4.00
Chicken & Salad	4.50

Roll or Wrap	add	0.50
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<u>Salad Plate</u> - includes Lettuce, Tomato, Carrot & Cheese	5.50
with Ham or Tuna	6.00
with Chicken	6.00

Jaffles...

Cheese	3.00
Cheese & Tomato	3.40
Baked Beans or Spaghetti	2.80
Ham & Cheese	3.60
Ham, Cheese & Tomato	3.80
Turkish Roll	add 1.00

Healthy Choice Snacks...

Fresh Fruit in season	from 1.00
Carrot Sticks / Celery Sticks	1.00
Carrot Sticks / Celery Sticks <i>with Dip</i>	1.50
Homemade Muffins	1.00
Homemade Chocolate Balls (Small)	0.60
Homemade Cookies (Large)	1.00
Potato Wedges	1.00
Popcorn	1.50
JJs Snacks	1.50
Mamme Chicken Noodle Snack	1.00
Mamme Cornitos	1.20
Gingerbread People	1.80

Good Warmed Options...

V Corn on the Cob	1.00
Fried Rice	4.50
Pasta Bolognese	4.50
Lamb Souvlaki Wrap (Low fat)	4.60
Lasagne	4.50
V Macaroni Cheese	4.50
Pizza - Hawaiian/Margarita	4.40

Alternate Warmed Selection...

H Chicken Nuggets (oven baked) x 3	2.20
Nachoes	4.00
Dim Sim (Steamed)	1.00
Noodles Beef / Chicken	3.50
Hot Dog (Low fat)	3.50
Hot Dog (Low fat) with Cheese	3.70
Meat Pie (Good Eating - Light) 200gm	3.70
Sausage Roll (Good Eating - Light)	3.30
Party Pie - Light	1.40
H Hot Chicken Roll	4.30
H Chicken Burger with lettuce & mayo	4.40
H Sweet Chilli Chicken Wrap with lettuce & mayo	4.40
Fish Finger Wrap with lettuce & Mayo	4.40

Drinks and Frozen Treats...

Water	1.60
Just Juice - 100% Apple, Orange & Apple / Blackcurrant	2.00
Big M Milk - Chocolate or Strawberry	2.40
Hot Chocolate	1.50
Focus Flavoured Water	2.40
Jelly Cups	1.20
Quelch Frozen Tubes (99% Fruit Juice)	0.80
Frozen Yoghurt tube	1.00
Moosies	1.30
Mini Calippo	1.30
Paddle Pop	1.70
Icy Twist	1.20
Frozen Fruit Salad Cup	1.80
Frozen Peach	0.50
Frozen Pineapple	0.50
Frozen Juice Cup	1.20

Miscellaneous

Tomato & Soy Sauce Portions	0.20
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Reminders

For Lunch orders not ordered online, please place money in a lunch bag with your child's name, class at the top.

If your child has an allergy please write in Red "Allergy" at top of bag.

V- Vegetarian
H- Halal