

LYNDHURST PRIMARY SCHOOL CANTEEN MENU 2016

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 Bolognaise (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)	\$3.00
(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
Pizza (97% fat free): Hawaiian or Margarita (V)	\$3.50
Macaroni Cheese (V)	\$4.20

Healthy Choice Snacks

Apple, Orange, or Banana	\$1.50
Boiled Egg	\$1.50
Carrot Sticks	\$1.00
Homemade Muffin	\$1.50
Homemade Cookie	\$1.50
Homemade Honey Joys	\$0.50
Homemade Milo Cookie	\$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

<p>MEAL DEAL 1</p> <p>Spinach & Cheese Roll</p> <p>Choose: A Muffin, Cookie, Jelly, Frozen Juice Cup or Zing</p> <p>Choose: Any Drink or Slushie</p>	<p>MEAL DEAL 2</p> <p>Homemade Spaghetti Bolognese</p> <p>Choose: A Muffin, Cookie, Jelly, Frozen Juice Cup or Zing</p> <p>Choose: Any Drink or Slushie</p>
<p>MEAL DEAL 3</p> <p>Hot Dog</p> <p>Choose: A Muffin, Cookie, Jelly, Frozen Juice Cup or a Zing</p> <p>Choose: Any Drink or Slushie</p>	<p>MEAL DEAL 4</p> <p>Chicken Dino Wrap</p> <p>Choose: A Muffin, Cookie, Jelly, Frozen Juice Cup or Zing.</p> <p>Choose: Any Drink or Slushie</p>
<p>MEAL DEAL 5</p> <p>3 Steamed Dim Sims (soy sauce optional)</p> <p>Choose: a Muffin, Cookie, Jelly, Frozen Juice Cup or Zing</p> <p>Choose: Any Drink or Slushie</p>	<p>MEAL DEAL 6</p> <p>3 Party Pies</p> <p>Choose: A Muffin, Cookie, Jelly, Frozen Juice, or Zing</p> <p>Choose: Any Drink or Slushie</p>

*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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