

SNACKS

Milo cup.....	50c
Piece of Fruit.....	50c
Sultana Box.....	50c
Garlic Roll.....	50c
Popcorn.....	\$1.00
Sea Salt Chips.....	\$1.00
Grain Waves.....	\$1.00
La Snack.....	\$1.00
Custard Cup.....	\$1.00
Jelly Cup.....	\$1.00

Homemade snacks available at recess

ICE-CREAMS

Quelch Stick.....	50¢
Ice-Cream Cone.....	50¢
Zing.....	\$1.00
Mini Calipo.....	\$1.00
Lemonade Icy Pole.....	\$1.00
Paddle Pop.....	\$1.50

DRINKS

Water.....	\$2.00
Juice Box 200ml.....	\$2.00
<i>apple / orange / apple blackcurrant</i>	
Milk 200ml.....	\$2.00
<i>plain / chocolate / strawberry</i>	



GOOD SHEPHERD LUTHERAN SCHOOL CANTEEN MENU 2017

TERM 4

OPEN EVERY WEDNESDAY, THURSDAY & FRIDAY

NUT FREE ZONE

How to Order:

Collect lunch order bags from the lunch order box in the classroom.

Select from the menu and write your child's name, class and order on the bag.

Enclose money inside bag (*change can be given however large amounts are sent to the office for end of day distribution*).

Place the bag into the lunch order box.

Class canteen monitors collect the box at lunchtime and take it to the eating areas.



Good Shepherd

Lutheran School | Para Vista

BREADS	CROISSANT	SANDWICH	TOASTED SANDWICH	PIZZA
Gluten Free - White Wholemeal White	Cheese..... \$3.00 Ham & Cheese..... \$3.50	Vegemite..... \$2.50 Vegemite & Cheese \$3.00 Ham & Cheese..... \$3.00 Chicken & Lettuce... \$3.00	Cheese..... \$2.50 Ham & Cheese..... \$3.00 Chicken & Cheese... \$3.00 Cheese & Tomato.... \$3.00	Cheese..... \$3.00 Ham & Cheese..... \$3.50 Hawaiian..... \$4.00 BBQ Chicken..... \$4.00
BAKERY	HOT DOG	PASTA	HOT FOOD	BURGER
Sausage Roll..... \$3.00 Pasty..... \$3.80 Meat Pie..... \$3.80	Plain \$3.50 Sauce \$3.80 Cheese & Sauce \$4.40	Lasagne..... \$3.80 Macaroni Cheese.... \$3.80 Twista Bolognese.... \$3.80	Fish Finger..... 60c Chicken Nugget..... 80c Wedges..... \$3.80	Beef - Plain..... \$3.00 Chicken - Plain..... \$3.00 Beef & Salad..... \$5.50 Chicken & Salad.... \$5.50 <i>Salad includes: Lettuce/Tomato/Cheese Beetroot/Sauce/Mayonnaise</i>
BAKED POTATO	SUSHI	SALAD	EXTRA FILLINGS	SAUCE & EXTRAS
Butter & Cheese..... \$3.50 Ham & Cheese..... \$4.00 The Lot..... \$5.00 <i>Butter/Ham/Cheese Pineapple/Sour Cream Sweet Chilli Sauce</i>	Tuna..... \$3.00 Teriyaki Chicken..... \$3.00	Egg..... \$5.00 Tuna..... \$5.00 Chicken..... \$5.00	Lettuce..... 30c Carrot..... 30c Cheese..... 60c Tomato..... 60c Cucumber..... 60c Beetroot..... 60c Pineapple..... 60c	BBQ..... 30c Tomato..... 30c Sweet Chilli..... 30c Sour Cream..... 30c Mayonnaise..... 30c

Eating right is making healthy choices