

# Lunches Monday, Wednesday & Friday

TERM 4 2017

Play 12-20pm to 12-50pm    Eat 12-45pm to 1-05pm



Add Juice

Box for \$1

## Green Menu

(1) Ravioli	\$4	\$5
(2) Macaroni Cheese (Vegetarian)	\$4	\$5
(3) Penne Napolitana (Vegetarian)	\$4	\$5
(4) Low Fat Beef Slider with coleslaw	\$4	\$5



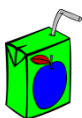
Add Juice

Box for \$1

## Amber Menu

(1) Hotdog with Sauce. (Low fat & Skinless)	\$4	\$5
(2) Nacho's Dippers (Gluten Free)	\$4	\$5
(3) Mini Party Pies (8pk Beef)	\$4	\$5
(4) Sausage Roll	\$4	\$5

Tomato Sauce or Mayo                      40c each

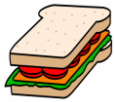


Special: with any lunch order purchased, add a juice box only for just \$1, save 60c

## Drinks Menu Monday, Wednesday & Friday

<u>Juice Bombs:</u> Apple & Cola or Lime & Vanilla,	250ml	\$2.20
<u>Glee:</u> Rockin Rasp – Blackcurrant Burst – Tropical Treat	250ml	\$2.20
<u>Master's M:</u> Chocolate or Strawberry	250ml	\$2.00
<u>Paradise Punch Juice Box</u>	200ml	\$1.60
<u>Water</u>	350ml	\$1.50

## Toasties & Sandwiches are Available Monday, Wednesday & Friday



### Toasties are made with wholemeal bread only

		<u>Add Juice</u>
		<u>Box for \$1</u>
Simply Cheese	\$3	\$4
Cheese / Tomato	\$4	\$5
Ham / Cheese	\$4	\$5
Chicken / Cheese	\$4	\$5
Chicken / Cheese / Pineapple	\$4	\$5
Tuna / Corn / Cheese	\$4	\$5

### Sandwiches are made with wholemeal bread only

	<u>Sandwich</u>	<u>Roll</u>	<u>Wrap</u>
Vegemite	\$2	\$2.50	\$2.50
Cheese	\$3	\$3.50	\$3.50
Chicken	\$3	\$4	\$4
Chicken & Salad	\$4	\$4.50	\$4.50
Ham	\$3	\$4	\$4
Ham & Salad	\$4	\$4.50	\$4.50
Egg & Mayo or Curried Egg	\$3	\$4	\$4
Egg & Mayo or Curried Egg With Salad	\$4	\$4.50	\$4.50

\*We use 97%fat free Chicken & Low Fat Cheese.

#### Did you know?

We promote healthy eating & follow the Star Choice, National Heart foundation & Canteen Traffic Light Healthy Food Guidelines.

All our Pies & Sausage Rolls are low in fat & salt.



#### Please Note

Some of the prices have increased.

Unfortunately because of time restraints', if order is late (after 9.30am) or wrong, the child will be given a cheese sandwich at the cost of \$3.00 then the family will be charged for the amount owing.

Please provide a lunch bag or you will be charged 10c for a bag, if your child has no money for a lunch bag then the lunch order will be changed to pay for the lunch bag.

Thank You

