

THE LUNCH BOX

(Lonsdale Heights School)

CANTEEN SUMMER MENU 2016

SANDWICHES ROLLS WRAPS

\$2.50 \$3.00 \$3.50

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|------------|---|
| 1. Cheese | ✓ |
| 2. Ham | ✓ |
| 3. Chicken | ✓ |
| 4. Tuna | ✓ |

Salads: Lettuce, Beetroot, Cucumber, Tomato, Carrot ✓

Add 50 cents per item for salad extras

Condiments: 1. Sauce 2. Mayonnaise
3. Sweet Chilli Sauce 4. Mustard

Add 20 cents per item for condiments

Sandwiches can be toasted on request.

HOT FOOD

- | | |
|---------------------------------|--------|
| Corn Cob (full) ✓ | \$1.00 |
| Sushi (1 full size) ✓ | \$2.50 |
| Pizza Muffins x 1 ✓ | \$1.50 |
| Pizza Muffin Hawaiian ✓ | \$1.50 |
| Ham & Cheese Pockets ✓ | \$1.50 |
| Chicken, Salsa, Cheese Pocket ✓ | \$1.50 |
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Crispy Chicken Wrap ✓ \$2.50
(with Lettuce & Mayo)

Fried Rice ✓ \$3.50

Pasta Bake ✓ \$3.50

Chicken Burger ✓ \$5.00
(Wholemeal) with Lettuce, Tomato, Carrot and Beetroot

Baked Potato (Choose filling below) ✓ \$5.00

Low Fat Cheese, Ham or Pineapple, Beetroot



SNACKS

Fruit Muffins/Cakes (Variety) ✓ \$1.00

(half sizes are available)

Fruit Pikelet ✓ 50 cents

Fruit Salad ✓ \$1.00

Fruit Tubs in juice ✓ \$1.00

Frozen Yoghurt Tubs ✓ \$2.00

Cereal Crunch ✓ .50 cents

Moosies ✓ \$1.50

Popcorn ✓ Sm .50 cents / Large \$1.00

DRINKS

Milk Box 250 ml ✓ \$2.50

Chocolate or Strawberry

Water 390ml ✓ \$1.50

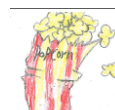
Water 600 ml ✓ \$2.00

UFO'S ✓ 50 cents

Frozen Fruits ✓ 50 cents

Fruit box 250 ml 100% Fruit Juice ✓ \$2.00

Frozen Juice Cup ✓ \$1.00



This menu is guided by Right Bite DECD which is the standards that need to be met at schools and preschools. The majority of the menu must fit into the green area (choose plenty) with the amber (sometimes food) and red (avoid or two occasions per term)