

THE LUNCH BOX

(Lonsdale Heights School)

CANTEEN AUTUMN/WINTER MENU

2020

SANDWICHES ROLLS WRAPS

\$2.00 \$2.50 \$3.00

- | | |
|------------|---|
| 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

| | | |
|------------|---|---------------|
| NEW | Pasties ✓ Veg | \$1.00 |
| | Pizza Muffins x 1 ✓ | \$2.00 |
| | Pizza Muffin Hawaiian ✓ | \$2.00 |
| | Ham & Cheese Pockets ✓ | \$2.00 |
| | Chicken, Salsa, Cheese Pocket ✓ | \$3.00 |
| NEW | Hash Browns ✓ Veg | \$1.00 |
| NEW | Egg and Hash Brown Wrap | |
| | With BBQ sauce ✓ Veg | \$3.00 |
| | Crispy Chicken Wrap ✓ | \$3.00 |
| | (with Lettuce & Mayo) | |
| NEW | Hot Ham & Cheese Roll ✓ | \$3.00 |
| NEW | Hot Cheese Roll ✓ Veg | \$2.50 |
| NEW | Steamed Dim Sims | \$1.00 |
| | Fried Rice ✓ Veg | \$3.50 |
| | Pasta Bake ✓ Veg | \$3.50 |
| NEW | Lasagne ✓ | \$3.50 |
| | Chicken Burger ✓ | \$6.00 |
| | Lettuce, Tomato, Carrot, Beetroot & mayo | |
| | 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)

Banana Pikelet ✓ **50 cents**

Twisted Frozen yoghurt tubs ✓
choc/vanilla OR watermelon/mango **\$1.50**

Cereal Crunch ✓ **.50 cents**

Moosies ✓ **\$1.50**

Popcorn ✓ **Large \$1.00**

Hard Boiled egg in shell ✓ **50 cents**

Cheese Stringer ✓ **\$1.00**

Fruit Tubs in juice ✓ **\$1.00**

Frozen fruit ✓ **50cents**

UFO'S ✓ **50 cents**

DRINKS

Milk Box 250 ml ✓ **\$2.50**

Chocolate or Strawberry

Water 390ml ✓ **\$1.50**

Water 600 ml ✓ **\$2.00**

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

Frozen Juice Cup ✓ **50 cents**

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**)

