

# **Little Lunch Box**

# **Lake Munmorah Public School Canteen**

## Term 1 Menu 2022



## **BREAKFAST AVAILABLE ALL DAY**



Yoghurt Cups- Vanilla-Strawberry-Mango \$1.50 Hot or Cold Milo \$2.00 Whole Piece Of Fruit (seasonal) From \$1.00 Ham and Cheese Roll \$2.20 Cereal Cups- Milo, Nutri-grain, Cornflakes \$1.00



## **SANDWICHES** (Bread Roll or Wrap extra 50c)

Vegemite \$2.00 Cheese \$2.50 Vegemite and Cheese \$2.50 Cheese and Tomato \$3.00 Egg, Lettuce and Mayo \$3.50 Ham and Cheese \$3.50 Tuna Sandwich \$3.50 Chicken, Lettuce, Mayo \$4.00 Ham, Cheese, Tomato \$4.00 Salad Sandwich \$4.50



### **TOASTED SANDWICHES**

Cheese \$2.50 Cheese, Tomato \$3.00 Spaghetti, Cheese \$3.00 Ham and Cheese \$3.50 Ham, cheese, Tomato \$4.00 Chicken, Cheese \$4.00 Chicken, Cheese, Tomato \$4.50 Baked Beans \$2.50 Ham & Cheese Pocket \$3.50 Ham, Cheese & Tomato Pocket \$4.00

#### **SNACKS**

Mini Sultana Cups 30c each Whole piece of Fruit (seasonal) From \$1.00 Vegetable Sticks- Carrot, Cucumber, \$1.00 Yoghurt Cups- Vanilla-Strawberry-Mango \$1.50 Plain Popcorn Small 50c Large \$1.00 Custard Cups \$1.00



Jelly Cups \$1.00 Jelly and Custard Cups \$1.00 Ham and Cheese Roll \$2.20 Low Fat Choc Muffin \$2.20 Red Rock Deli Chips Sea Salt \$1.60 Mamee Noodles Snacks \$1.60 Grain Waves (Sour Cream and Chives) \$1.60

#### **WRAPS**

Salad Wrap Small \$4.50 Large \$5.00 Chicken Breast & Salad Wrap Small \$5.00 Ham & Salad Wrap Small \$5.00 Caesar Salad Wrap \$4.50 Add Chicken \$5.50 Mini Chicken Tender Wrap- 1x Chicken Tender, Lettuce, Tomato, Cheese \$3.50





#### **SALAD BOWLS**

Salad Bowl \$4.50 Caesar Salad \$4.50 Add Chicken \$5.50 Chicken Breast & Salad \$5.50 Ham & Salad \$5.50 Tuna & Salad \$5.50 Egg & Salad \$5.50





#### **HOT FOOD**

Corn on the Cob \$1.00
Whole Boiled Egg \$1.00
Spaghetti Sub \$2.50
Twista Pasta Bolognese \$4.50
Mac and Cheese \$4.50
Pizza Roundas \$3.60
Homemade Cheese Pizza \$3.00
Homemade Ham Cheese Pizza \$3.50
Homemade Ham Cheese Pineapple Pizza \$4.00
Homemade Garlic Breast Pizza \$4.50
Homemade Garlic Bread \$2.20
Lean Beef Pie- Sml \$2.80
Lean Sausage Roll \$2.80
Chicken Nuggets 60c each
Chicken Tender \$1.70each

## **Tomato and BBQ Sauce 40c**



#### **Gluten Free**

Gluten Free Chicken Nuggets 80c each Gluten Free Chicken Tenders \$1.80 each Gluten Free Chicken Tender Wrap-2x tender Lettuce, Tomato \$5.00

#### **FROZEN TREATS**

Quelch Sticks- Apple, Orange, Pear, Grape, Pineapple, Passionfruit, Mango, Blackcurrant \$1.00

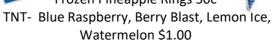
Frozen Juice Cups -Apple, Orange, Apple Blackcurrant \$1.00

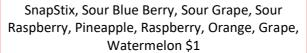
Frozen Milk Cups- Chocolate, Strawberry, Vanilla Malt \$1.00

Juicie Tubes -Tropical, Wildberry, Lemonade,
Orange \$1.70



Frozen Pineapple Rings 50c





Mini Frozen juice cups- Apple, Orange, Apple Blackcurrant 2 for 50c

Mini Frozen Milk Cups- Chocolate, Strawberry,
Vanilla Malt 2 for 50c

Moosies- Chocolate, Blue Moon \$1.70
Strawberry Vanilla or Watermelon Mango
Frozen Yoghurt \$2.40
Vanilla Ice Cream Cups \$1.00

#### **DRINKS**

Water 600ml \$2.00 Juice Popper 250ml \$1.80

(Apple, Orange, Tropical, Apple Blackcurrant)
Oak Milk 300ml - \$2.50

(Chocolate, Strawberry, Vanilla Malt) Glee Cans 250ml - \$2.50

(Blackcurrant, Tropical, Bubblegum Grape, Sour Watermelon) Slushies~ \$2.00

#### **BURGERS**

Homemade Cheeseburger \$4.00 (Patty-Lean Beef mince, carrot, zucchini, onion egg, reduced salt soy sauce)
Chicken Breast Burger with Lettuce \$4.00
Chicken Breast Cheeseburger \$4.00
Homemade Hamburger with Salad –Lettuce,
Tomato, Beetroot \$4.50- Add Cheese extra 50c
Chicken Breast Burger with Lettuce, Tomato,
Beetroot \$4.50- Add Cheese extra 50c
(Add Sauce or Mayo to any Burger if Desired)



# MEAL DEAL SPECIALS AVAILABLE EVERYDAY

Homemade Cheese Pizza and Garlic Bread \$4.50

Cheese or Vegemite Sandwich, plain popcorn, piece of fruit and a popper \$5.50

Homemade Cheeseburger, Chicken Breast Cheeseburger, Chicken Breast with lettuce Burger and an Oak Milk \$6.00

Sushi Rolls \$3.50
Teriyaki Chicken, Tuna. Vegetarian, Beef
(Soy Sauce Available)

Homemade Nachos (Wednesday Only) \$4.50 (Ingredients Beef mince, Tinned Tomatoes, Kidney Beans, Baked Beans, Taco Seasoning, Garlic, onion,)