



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 Chicken Breast Pizza \$4.50
 Homemade Garlic Bread \$2.20
 Lean Beef Pie- Sml \$2.80 Lrg \$3.80
 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
 TNT- Blue Raspberry, Berry Blast, Lemon Ice,
 Watermelon \$1.00
 SnapStix, Sour Blue Berry, Sour Grape, Sour
 Raspberry, Pineapple, Raspberry, Orange, Grape,
 Watermelon \$1
 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,)