



LITTLE LUNCH BOX

LAKE MUNMORAH PUBLIC SCHOOL CANTEEN

Term 1 Menu 2020



Meal Deals Specials Available Everyday



Homemade Cheese Pizza and Garlic Bread \$4.50

Cheese or Vegemite Sandwich, plain popcorn, piece of fruit and a popper \$5.00

Any Burger and Oak Milk \$6.00

Homemade Nachos (Wednesday Only) \$4.50

(Ingredients Beef mince, Tinned Tomatoes, Kidney Beans, Baked Beans, Taco Seasoning, Garlic, onion, Crispy Tortilla Wrap)

Wraps

Salad Wrap Sml \$4.50 Lrg \$5.00

Chicken Breast & Salad Wrap Sml \$5.00

Ham & Salad Wrap Sml \$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 \$5.00

Tuna & Salad \$5.00

Egg & Salad \$5.00



Sandwiches

(Bread Roll or Wrap extra 50c)

Vegemite \$2.00

Cheese \$2.50

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

Spaghetti Cheese \$3.00

Ham and Cheese \$3.50

Ham, cheese, Tomato \$4.00

Chicken Cheese \$4.50

Baked Beans 2.50

Ham & Cheese Pocket \$3.50



Burgers

Homemade Cheese Burger \$4.00 (Lean mince, carrot, zucchini, onion egg, reduced salt soy sauce)

Chicken Breast Burger with Lettuce \$4.00 (Add Mayo If Desired)

Chicken Cheese Burger \$4.00 (Add Mayo If Desired)

Homemade Hamburger and Salad –Lettuce, Tomato, Beetroot \$4.50

Grilled Chicken Breast Burger with Lettuce, Tomato, Beetroot \$4.50

Gluten Free

Chicken Nuggets 70c each

Chicken Tenders \$1.80 eac

Chicken Tender Wrap-2x tender Lettuce, Tomato \$5.00





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Everyday food- encouraged to be eaten all the time.

Occasional food- please pick carefully.

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| <div style="text-align: center;">  <p><u>BREAKFAST</u> <u>Available All Day</u></p> </div> <p>Yoghurt Cups- Vanilla-Strawberry-Mango \$1.50 Seasonal Fruit cups- \$1.00 (Watermelon, Grapes, Pineapple, Oranges ,mandarins) Hot or Cold Milo \$2.00 Fruit (seasonal) from 70c Ham and Cheese Roll \$2.00 Cereal Cups- Milo, Nutri-grain, Cornflakes \$1.00</p> | <div style="text-align: center;"> <p><u>DRINKS</u></p> </div> <p>Water 600ml \$2.00 Juice Popper 250ml \$1.70 (Apple, Orange, Tropical, Apple Blackcurrant) Oak Milk 300ml - \$2.20 (Chocolate, Strawberry, Banana)  Plain Milk 300ml \$2.00  Glee Cans 250ml - \$2.50 (Blackcurrant, Tropical, Bubblegum Grape) Slushies \$2.00</p> |
| <div style="text-align: center;">  <p><u>HOT FOOD</u></p> </div> <p>Corn on the Cob \$1.00 Whole Boiled Egg \$1.00 Spaghetti Sub \$2.50 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 \$2.00 Potato Wedges \$3.60 Beef Pie - Small \$2.40 Large \$3.50 Sausage Roll \$2.50 Chicken Nuggets 6 Pack \$3.00 Chicken Tender \$1.70each <u>Tomato and BBQ Sauce 40c</u></p> | <div style="text-align: center;">  <p><u>SNACKS</u></p> </div> <p>Mini Sultana Cups 20c each Fruit Slices 20c each Whole piece of Fruit (seasonal) from 70c Carrot Sticks \$1.00 Cucumber Sticks \$1.00 Yoghurt Cups- Vanilla-Strawberry-Mango \$1.50 Plain Popcorn Small 50c Large \$1.00 Custard Cups 70c  Homemade Jelly Cups 70c Jelly and Custard cups \$1.00  Low Fat Choc Muffin \$2.00 Red Rock Deli chips Sea Salt \$1.50 Mamee Noodles Snacks \$1.50 Grain Waves (Sour Cream and Chives) \$1.50</p> |
| <p><u>Frozen Treats</u></p> <p>Quelch Sticks- Apple, Orange, Pear, Grape ,Pineapple, Passionfruit, Mango, Blackcurrant \$1.00 Frozen Juice Cups -Apple, Orange, Apple Blackcurrant \$1.00 JUICIES -Tropical, Wildberry, Apple \$1.00 Frozen Pineapple Rings 50c Ice Mony TNT- Blue Raspberry, Berry Blast, Lemon Ice, Chocolate \$1.00 SnapStix Sour Blue Berry,Sour Grape,SourRasberry, SweetPineapple, SweetGrape, Sweet,Rasberry \$1 Mini Frozen juice cups- Apple, Orange, Apple Blackcurrant 2 for 50c Mini Chocolate/Strawberry/Bananna Oak Milk Drops 10c Chocolate Moosie, Blue Moon Moosie \$1.50 Strawberry Vanilla or Watermelon Mango Frozen Yoghurt \$2.20 Ice Cream Cups \$1.00</p> | |