

RECESS AND LUNCHTIME DAILY

- Jelly Cups \$1.00
- Chocolate Yogo \$2.00
- Bottled Water \$1.50
- Choc or Straw Chill \$2.30
- Assorted Juice Boxes \$1.50
- Juice Bomb \$2.50
- Chillin J Sparkling juice \$2.30
- Sippah straw with milk \$1.70
- Sml 225ml carton Milk \$1.50
- Milo \$1.50

RECESS SPECIALS

- Chicken Nuggets .50c
- Hash Browns .50c
- Muffins/Pikelets .50c
- COOKIES .50c
- Cheesy \$1.00
- Homemade Pizza \$1.00

3-4 of the above items will be available each day, variety will change depending on parent help on the day!

Remember how special you felt when YOUR mum was on duty at the school canteen? Don't let your kids miss out on the memories. Download a canteen volunteer form today.



OUR LADY OF LOURDES

THE MUNCH BOX

WINTER MENU 2017

Term 2 and 3

OPEN
WEDNESDAY and FRIDAY



Volunteers help keep canteen costs down and our prices low.

How can you help our canteen?

Please come in and put your name on the roster.

COME AND SPEND SOME TIME WITH ME!

Canteen Manager
Mrs Rosie Samuels

Sandwiches

- Ham/ Tuna/Chicken/Cheese \$2.60
- Egg – plain or curried \$2.60
- Salad \$2.00
- Vegemite \$1.50

Rolls

- \$3.20
- \$3.20
- \$2.60
- \$2.00

Wraps

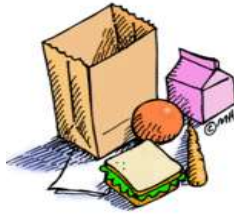
- \$3.20
- \$3.20
- \$2.60
- \$2.00

EXTRAS

- Salad .60
(lettuce, tomato, cucumber, carrot)
- Avocado .70
- Toasted .50
- Cheese .60
- Egg .60

All bread used in the canteen is wholemeal.

White bread and **Gluten free** available on request.



SALAD PLATES

- Plain salad \$3.00
- Super Salad \$4.50
(includes plain salad with beetroot,capsicum,onion,avocado)
- Ham and salad \$4.50
- Tuna and salad \$4.50
- Egg/Cheese and salad \$4.50

Salad: lettuce, tomato, carrot, cucumber,served with bread and butter, fork and serviette.

AFTER LUNCH SALES

- Paddle Pop variety of flavours \$1.50
- Quelch Icy Fruit Sticks .50c
- Lemonade/Raspberry Icy poles \$1.00
- Ice-cream cups \$1.00**GF**
- Lifesavers \$2.00

VARIETY OF SNACKS

WEDNESDAY ONLY

- PIZZA SINGLE cheese/bacon \$3.00
- LASAGNE \$4.00
- SPAGHETTI BOLOGNAISE \$4.00
- MACARONI CHEESE \$4.00
- FRIED RICE \$4.00 **GF**
- ARANCINI (CHEESE RICE BALLS) \$1.60 each
- 3 ARANCINI \$4.30
- **GLUTEN FREE** MACARONI CHEESE \$4.50
- **GLUTEN FREE** LASAGNE \$4.50
- NACHO DIPPERS \$4.50
- SAUSAGE ROLL \$3.00
- BEEF PIE \$3.50
- SAUCE PORTION .30
- HOMEMADE PUMPKIN SOUP WITH BREAD ROLL \$3.50
- CHICKEN NOODLE CUP \$2.50(**GF ON REQUEST**)
- 2 SOFT MINI TACO BOATS \$4.50
(Taco mince,lettuce,cheese,salsa,sour cream)



FRIDAY ONLY

- PIZZA SINGLE cheese/bacon \$3.00
- LASAGNE \$4.00
- SPAGHETTI BOLOGNAISE \$4.00
- MACARONI CHEESE \$4.00
- FRIED RICE \$4.00 **GF**
- ARANCINI (CHEESE RICE BALLS) \$1.60 each
- 3 ARANCINI \$4.30
- **GLUTEN FREE** MACARONI CHEESE \$4.50
- **GLUTEN FREE** LASAGNE \$4.50
- NACHO DIPPERS \$4.50
- HOMEMADE PUMPKIN SOUP WITH BREAD ROLL \$3.50
- CHICKEN NOODLE CUP \$2.50
- CHEESE BURGER with LETTUCE and T/SCE \$4.50