



# NEW LAMBTON SOUTH PUBLIC SCHOOL



## CANTEEN MENU 2017

Canteen Hrs 9am – 12.30 pm

Ph 0401665857

Menu Effective 30/01/17

### Sandwiches, Wraps & Rolls

|                             |      |
|-----------------------------|------|
| Jam                         | 1.50 |
| Vegemite                    | 1.50 |
| Cheese                      | 1.80 |
| Ham                         | 2.50 |
| Chicken                     | 2.50 |
| Tuna                        | 2.50 |
| Egg and Lettuce             | 2.50 |
| Plain Salad                 | 3.50 |
| Egg Salad                   | 4.00 |
| Chicken or Ham Salad        | 4.00 |
| Toasted Add an Extra        | 0.20 |
| Add an Extra Item add Extra | 0.30 |
| On a Wrap or Roll add Extra | 0.50 |

### Foods – Available Everyday

|                            |      |
|----------------------------|------|
| Hot cheesy Roll            | 1.40 |
| Cheese & Bacon Roll        | 1.50 |
| Chicken Noodle Cups        | 2.50 |
| Hot Cheesy Pasta           | 3.50 |
| Burrito w/ Meat and Cheese | 4.00 |
| Vege burger                | 4.00 |
| Spinach & Ricotta roll     | 2.50 |
| Garlic Bread               | 1.50 |
| Corn Cob                   | 1.00 |
| Fried Rice                 | 3.50 |

### Salad Boxes

|                          |      |
|--------------------------|------|
| Plain Salad Box          | 4.00 |
| Chicken or Ham Salad Box | 5.00 |
| Tuna or Egg Salad Box    | 5.00 |
| Warm Chicken Salad       | 5.00 |
| Chicken Caesar Salad     | 5.00 |

### MONDAY

|                                |      |
|--------------------------------|------|
| Chicken Twister                | 4.00 |
| (lettuce/tomato/mayo)          |      |
| Meatball Sub –bbq sauce/cheese | 3.50 |

### TUESDAY

|                          |      |
|--------------------------|------|
| Chicken Chippies – 5 for | 2.00 |
| Chicken And Gravy Roll   | 3.50 |

### WEDNESDAY

|                                  |      |
|----------------------------------|------|
| Chicken Burger                   | 3.50 |
| (lettuce/mayo)                   |      |
| Works Burger                     | 4.50 |
| (lettuce/cheese/tomato/beetroot) |      |

### THURSDAY

|                         |          |
|-------------------------|----------|
| Chicken Wedges          | 0.60c ea |
| Cheese Burger           | 3.50     |
| (Cheese & Tomato Sauce) |          |

### FRIDAY

|                                 |      |
|---------------------------------|------|
| Party Pies & Sausage Rolls      | 1.50 |
| Pizza( Hawaiian or Meat lovers) | 3.00 |

### COLD DRINKS

|  |      |
|--|------|
| Water                                      | 1.50 |
| Milk (Choc, Strawberry)                    | 1.50 |
| Juice Poppers(orange,Apple,Paradise punch) | 1.50 |
| Slushy"s                                   | 1.50 |

### FRUIT – AS SEASONALLY AVAILABLE

|                            |      |
|----------------------------|------|
| Apple Slinky               | 0.60 |
| BYO Apple to Be Slinked    | 0.20 |
| Grape Cup / strawberry cup | 0.60 |
| Watermelon Slice           | 0.30 |
| Fruit salad tubs           | 1.00 |
| Yoghurt with Fruit Puree   | 0.80 |

### SNACKS AND ICY TREATS

|   |                        |
|---|------------------------|
| Red Rock Deli Chips (Honey Soy, Sea salt) | 1.30                   |
| Jumpys (Chicken, BBQ), JJ Chips           | 1.00                   |
| Rice Crackers 20c                         | Pretzels 20c           |
| Finger Bun                                | 1.20                   |
| Choc Muffin                               | 1.20                   |
| Frozen Triangles 0.80                     | Frozen Juice Cups 0.80 |
| Low Cal Mousse Cup                        | 1.00                   |
| Jelly Cup                                 | 0.80                   |
| Quelch Ice Blocks                         | Half 20c Full 40c      |

## **WELCOME TO NEW LAMBTON SOUTH CANTEEN**

Our canteen is open 5 days a week from 9-12.30 pm and provides a variety of healthy hot and cold foods for lunch. The canteen however is not open for afternoon recess.

Our menu is set in accordance with the NSW School Canteens Healthy eating strategy following the Green, Amber and Red guidelines.

New volunteers are always welcome. If you would like to volunteer just call in at any time and speak to **Kylie** and let her know when you are available. It's a great way to meet other parents and the kids love to see their parents serving them at lunch.

### **HOW TO ORDER FROM CANTEEN**

- **Lunch bags cost 10c or bring your own (lunches cannot be delivered to the classroom without a lunch bag).**
- Write your Child's name & Class on lunch order bag.
- Using the latest Canteen menu, choose their lunch.
- Write the items you wish to order onto the bag.
- Enclose the correct money if possible. Our canteen **DOES NOT** provide credit.
- Hand the order to the canteen at the start of the day.

#### ***ORDERS MUST BE IN BY 9.30AM***

- Orders are placed into each classrooms specific box and are delivered to the classrooms in time for lunch.
- If late orders are presented the student will be given a choice of a Vegemite or Cheese Sandwich or Warmed Cheese and Bacon roll.
- Students may pre-order / pay for ice blocks on their orders but the child will need to bring their lunch bag back to the canteen during playtime to pick up their frozen items.

### **FRUIT BREAK**

- All classes have fruit break during the morning session. Fruit may be ordered from the canteen before 9.30 and this will be sent to the classroom in time for fruit break.

### **ALLERGIES**

- Please be aware that our canteen is **NOT** Preservative free and parents are **required to take responsibility** for what their children order.

#### **REHEATING OF FOOD**

**Due to Health and Safety Regulations we are unable to reheat food brought from home. We thank you for your understanding in this matter.**

**Many Thanks**

**Kylie Evans**

**(Canteen Manager)**

**0401665857**