

Lunches - available everyday

Sandwiches & Rolls		Sandwich	Roll / Wrap
G	Salad	2.30	2.70
G	Cheese & salad	2.70	3.10
G	Chicken & salad	3.00	3.40
G	Egg & salad	2.70	3.10
G	Curried Egg & salad	2.70	3.10
G	Ham & salad	3.00	3.40
G	Tuna & salad	3.20	3.60
G	Vegemite	1.80	2.20
	extra Cheese	0.40	0.40
** salad - lettuce, tomato, carrot & cucumber			
** Sandwiches- White Hy-fibre, Wholemeal & Multigrain			
Rolls - White & Wholemeal			

Toasted - no butter used		Sandwich	Roll
G	Baked Bean	2.00	2.40
G	Cheese	2.70	3.10
G	Vegemite & Cheese	3.00	3.40
G	Chicken & Cheese	3.40	3.80
G	Ham & Cheese	3.40	3.80
G	Tuna & Cheese	3.60	4.00
	extras - tomato, pineapple	0.30	0.30
**toasted hamburger rolls used			

Salad Trays		small	large
G	Salad	3.10	4.10
G	Chicken & salad	3.80	4.80
G	Ham & salad	3.80	4.80
G	Tuna & salad	4.10	5.10
G	3 Chicken Wedges & salad	4.60	5.60
G	2 Yummy Drumsticks & salad	4.60	5.60
G	4 Fish Fingers & salad	4.60	5.60
G	2 Chicken Strips & salad	5.10	6.10
G	Quiche Lorraine & salad	5.10	6.10
G	Spinach/Feta Quiche & salad	5.10	6.10
** salad - choose at least 3 or more from the following lettuce, carrot, tomato, cucumber, celery			

LANDSDALE PRIMARY SCHOOL CANTEEN MENU TERM 4 2016

G - Green - Healthy Choice
A - Amber - Choose Occasionally
Open : 8:30am - 1:00pm
Phone : 9302 4582
Supervisor : Alison Belstead
Assistant : Joanne Gaugg

Hot Food - available everyday	
G	Corn Cob 1.10
G	Hot Chicken & Mayo Roll 3.40
G	Hot Chicken & Cheese Roll 3.80
G	Hot Ham & Cheese Roll 3.80
G	Lasagne or Pasta Bolognese 3.80
G	Macaroni & Cheese 3.80
G	Fried Rice 3.80
G	Strip or Yummy Sub Roll 4.30
	** Strip & Yummy Sub rolls contain the following mayonnaise, lettuce, carrot, tomato & cheese
G	1 Yummy Drumstick & corn cob & fruit tub 3.00
G	2 Yummy Drumsticks & corn cob & fruit tub 4.00
G	3 Chicken Wedges & corn cob & fruit tub 4.00
G	2 Fish Fingers & corn cob & fruit tub 3.00
G	4 Fish Fingers & corn cob & fruit tub 4.00
A	TOMATO SAUCE 0.50

DAILY SPECIALS 30c cheaper INCLUDES A 300ml FLAVOURED MILK	
G	Monday - Lasagne or Macaroni Cheese 5.50

M	A	Beef Pie	3.00
O	A	Beef & Cheese Pie	3.00
N	A	Sausage Roll	2.70
D	A	Vegie Pastie	3.00
A	A	Snack Pie	1.40
Y	A	Potato Topped Pie	3.00
	A	Small Pizza - ham & pineapple or supreme	2.70

T	A	Hotdog with tomato sauce	3.50
U	G	Chicken or Fish Burger	3.80
E	G	Hamburger	3.80
S		** all burgers contain lettuce, carrot, tomato	

W	A	Dinosaur Nuggets (max of 5)	0.90
E	A	Chicken Wedges (max of 3)	1.00
D	A	Small Pizza - ham & pineapple or supreme	2.70

T	G	Chicken or Fish Burger	3.80
H	G	Hamburger	3.80
U	G	SUSHI 5 piece	5.20
R		**sushi - chicken, tuna, mixed, vegetarian	
S			

F	A	Beef Pie	3.00
R	A	Beef & Cheese Pie	3.00
I	A	Sausage Roll	2.70
D	A	Vegie Pastie	3.00
	A	Snack Pie	1.40

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to

each
each

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capsicum , pineapple, cheese & egg

G	FRUIT SALAD TUB	3.70
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LUNCH BAGS	25 bags for	1.00
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<u>RECESS ITEMS</u>		
G	Apple Sinky	1.00
G	BEGA Cheese Stringer	1.00
G	Cheesie bun (sauce + cheese)	1.40
G	Cheesie bread (sauce + cheese)	1.00
G	Pizza Toasts (ham , pineapple & cheese)	1.20
G	Corn Cob	1.10
G	Fruit Tub	1.00
A	Hash Brown Triangle	1.00
A	Jelly cups with fruit or custard	1.00
A	Milo Energy Bar	1.60
A	Milo Stars	1.00
A	Mini Bites Rice Crackers	1.00
A	Moosie	1.60
A	1/2 Moosie	0.80
A	Muffin - Choc or B'berry or Banana	1.50
G	Pikelets	0.50
A	Popcorn	0.80
G	Sippah Straw + Plain Milk	1.40
A	Sweet Chilli Chicken Strip	1.80
G	Yogo – Chocolate	1.60

DRINKS		
G	Plain Milk	1.20
G	Flavoured Milk	2.00
	Chocolate Strawberry	
	Banana Choc Mint	
G	Bottled Water - small	1.00
G	Bottled Water - large	1.50

	or Pasta Bolognaise	
G	Tuesday - Ham , Chicken or Fish Burger	5.50
G	Wednesday - Strip or Yummy Sub Roll	6.00
G	Thursday - 5 piece Sushi	6.90
G	Friday - Chicken or Ham & salad roll	5.10

A	A	Potato Topped Pie	3.00
Y	A	Dinosaur Nuggets (max of 5)	0.90
	A	Chicken Wedges (max of 3)	1.00
	G	SUSHI 5 piece	5.20
** sushi - chicken, tuna, mixed, vegetarian			

How To Order

Choose your menu items then fill out a Lunch Order bag that can be purchased from the canteen and place the money inside the bag and leave in the Lunch Baskets found in your child's classroom before 8:45am .

Lunch Orders may be filled out and paid for at the canteen window between 8:30am and 12:00pm

OR

Use Online Ordering at

www.ouronlinecanteen.com.au

(online orders close at 8:45am)

Register your children by entering their names and LA's under Landsdale Primary School.

Orders can be placed ahead of time and even weeks in advance.

With Online Ordering you pay by bank transfer or credit card

Lunches and Drinks are delivered to your child's classroom at Lunch Time

Drinks and Recess items can be pre-ordered on the Lunch Bags or Online.

RECESS items need to be picked up by your child at Recess time.

Pre-Primary Students CANNOT order Recess nor Ice Creams from the canteen.

Late / Forgotten Lunches

Children who find that they do not have any lunch or have forgotten to hand in their lunch will be provided with a Vegemite or Cheese Sandwich. Payment will be required the next time. No drinks or ice creams will be offered.

Special Notes

We are not allowed to warm up Food that you have provided your child from home.

Please let us know of any problems your child might experience due to food allergies before ordering from the menu

We do not provide spoons or forks for your child to eat their lunch from home.

New Menus

New Menus can be obtained from the Canteen or the Administration Office or from the

each
each

canteen
classroom

0am – 9:00am

ch by 9:00am
day.

fore

A	Popper Box Juice 100%	1.70
	Apple Tropical	
	Orange Apple/Blackcurrant	

After Lunch Counter Sales		
A	99% Fruit Juice Slushies	2.20
A	Vanilla ice cream bucket	2.00
A	Paddle Pop ice creams	2.00
A	99% Juicy Ice Sticks	1.00
A	Moosie	1.60

School Digital Newsletter

Our menu has been compiled to reflect the guidelines of the WA School Canteen Assoc w
been set to ensure that food sold in our canteen are HIGH in Fibre and Calcium but
but LOW in Fat, Sugar and Salt

VOLUNTEERS

Our Canteen cannot operate successfully without the help of volunteers. We would be gr
are able to spare a few hours on a weekly, fortnightly, monthly or even once a term . We
morning tea and lunch to thank you for your help.

Come and see us and we can put your name down on the roster board.

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provide