

Lunches - available everyday

| Sandwiches & Rolls | | Sandwich | Roll / Wrap |
|--------------------|----------------------|----------|-------------|
| G | Vegemite | 2.00 | 2.40 |
| G | Salad | 2.50 | 2.90 |
| G | Cheese | 2.80 | 3.20 |
| G | Egg plain or curried | 2.80 | 3.20 |
| G | Chicken | 2.80 | 3.20 |
| G | Ham | 2.80 | 3.20 |
| G | Tuna | 3.00 | 3.40 |

Customise your sandwich by adding the following extra

| SALAD 0.50 | |
|--|----------------|
| Salad includes lettuce, tomato, carrot, cucumber | |
| Cheese 0.50 | |
| Tomato or Lettuce 0.2 | Mayonnaise 0.2 |

| Toasted - no butter used | | Sandwich | Roll |
|--------------------------|------------|----------|------|
| G | Baked Bean | 2.20 | 2.60 |
| G | Cheese | 2.80 | 3.20 |
| G | Vegemite | 2.30 | 2.70 |
| G | Chicken | 3.10 | 3.50 |
| G | Ham | 3.10 | 3.50 |
| G | Tuna | 3.30 | 3.70 |

Customise your sandwich by adding the following extra

| CHEESE 0.50 | |
|-----------------|----------------|
| Mayonnaise 0.20 | |
| Tomato 0.20 | Pineapple 0.20 |

Salad Trays

| | | |
|---|---------------------------------|------|
| G | Salad Tray | 3.30 |
| G | Chicken & salad Tray | 4.00 |
| G | Ham & salad Tray | 4.00 |
| G | Tuna & salad Tray | 4.30 |
| G | 3 Chicken Wedges & salad Tray | 4.80 |
| G | 2 Yummy Drumsticks & salad Tray | 4.80 |
| G | 4 Fish Fingers & salad Tray | 4.80 |
| G | 2 Chicken Strips & salad Tray | 5.30 |

** salad - choose at least 3 or more of the following

LANDSDALE PRIMARY SCHOOL

CANTEEN MENU

TERM 2 & 3 2017

G - Green - Healthy Choice

A - Amber - Choose Occasionally

Open : 8:30am - 2:00pm

Phone : 9302 4582

Supervisor : Alison Belstead

Assistant : Joanne Gaugg

Hot Food - available everyday

| | | |
|---|-----------------------------|------|
| G | Corn Cob | 1.20 |
| G | Hot Chicken & Mayo Roll | 3.60 |
| G | Hot Chicken & Cheese Roll | 4.00 |
| G | Hot Ham & Cheese Roll | 4.00 |
| G | Lasagne | 4.00 |
| G | Pasta Bolognese | 4.00 |
| G | Macaroni & Cheese | 4.00 |
| G | Fried Rice | 4.00 |
| G | Strip Sub Roll or Yummy Sub | 4.50 |

** Strip & Yummy Sub rolls contain the following

mayonnaise, lettuce, carrot, tomato & cheese

** The following Yummy Drumsticks, Wedges & Fish Fingers

MUST be ordered with a Fruit Tub and Corn Cob

| | | |
|---|--|------|
| G | 1 Yummy Drumstick, corn cob & fruit tub | 3.20 |
| G | 2 Yummy Drumsticks, corn cob & fruit tub | 4.20 |
| G | 3 Chicken Wedges, corn cob & fruit tub | 4.20 |
| G | 2 Fish Fingers, corn cob & fruit tub | 3.20 |
| G | 4 Fish Fingers, corn cob & fruit tub | 4.20 |
| G | Soup & 1/2 bun - chicken noodle | 3.00 |

| | | |
|--|---------------------|-------------|
| | TOMATO SAUCE | 0.50 |
| | BBQ SAUCE | 0.50 |

| | | | | |
|----------------------------|--------------------------|---|------|------|
| M O N D A Y | A | Beef Pie | 3.30 | |
| | A | Beef & Cheese Pie | 3.30 | |
| | A | Sausage Roll | 3.00 | |
| | A | Vegie Pastie | 3.30 | |
| | A | Snack Pie | 1.40 | |
| | A | Potato Topped Pie | 3.30 | |
| | A | Small Pizza - ham & pineapple or supreme | 3.00 | |
| | A | Chicken Wedges (max of 3) | 1.00 | each |
| A | Hotdog with Tomato Sauce | 3.80 | | |

| | | | | |
|------------------|--|-------------------------------------|------|--|
| T U E S | G | Stuffed Potato - Ham & Cheese | 3.00 | |
| | G | Stuffed potato - Cheese | 3.00 | |
| | G | Chicken or Fish Burger (Mayonnaise) | 4.00 | |
| | G | Hamburger (Tomato Sauce) | 4.00 | |
| | ** all burgers contain lettuce, carrot, tomato | | | |

| | | | | |
|------------------|--|-------------------------------------|------|--|
| W E D S | G | Stuffed Potato - Ham & Cheese | 3.00 | |
| | G | Stuffed potato - Cheese | 3.00 | |
| | G | Chicken or Fish Burger (Mayonnaise) | 4.00 | |
| | G | Hamburger (Tomato sauce) | 4.00 | |
| | ** all burgers contain lettuce, carrot, tomato | | | |

| | | | | |
|------------------|--|--|------|--|
| T H U R | G | Stuffed Potato - Ham & Cheese | 3.00 | |
| | G | Stuffed potato - Cheese | 3.00 | |
| | G | Chicken or Fish Burger (Mayonnaise) | 4.00 | |
| | G | Hamburger (Tomato sauce) | 4.00 | |
| | ** all burgers contain lettuce, carrot, tomato | | | |
| S D Y | G | SUSHI 5 piece | 5.20 | |
| | | **sushi - chicken, tuna, mixed, vegetarian | | |

| | | | | |
|-----------------------|---|-------------------|------|--|
| F R I D A | A | Beef Pie | 3.30 | |
| | A | Beef & Cheese Pie | 3.30 | |
| | A | Sausage Roll | 3.00 | |
| | A | Vegie Pastie | 3.30 | |
| | A | Snack Pie | 1.40 | |
| | A | Potato Topped Pie | 3.30 | |

| | | |
|---|--|-------------|
| | lettuce, carrot, tomato, cucumber, capsicum, pineapple, cheese & egg | |
| G | FRUIT SALAD TUB | 4.00 |
| ** fruit salad is made using 4 different fruits | | |

| | | |
|------------------------------|----------------------|-------------|
| LUNCH BAGS | 25 bags for | 1.00 |
| | individual | 0.05 |
| | Online Orders | free |
| Plastic Spoon or Fork | | 0.05 |

| | | | | |
|---|----------|------------------------------------|-------------|------|
| Y | A | Dinosaur Nuggets (max of 5) | 1.00 | each |
| | A | Chicken Wedges (max of 3) | 1.00 | each |
| | G | SUSHI 5 piece | 5.20 | |
| ** sushi - chicken, tuna, mixed, vegetarian | | | | |

RECESS ITEMS

| | | | |
|----------|--|-------------|----|
| G | Apple Slinky | 1.00 | |
| G | BEGA Cheese Stringer | 1.00 | |
| G | Cheesie bun (sauce + cheese) | 1.50 | |
| G | Cheesie bread (sauce + cheese) | 1.20 | |
| G | Pizza Toasts (ham, pineapple & cheese) | 1.50 | |
| G | Fruit Tub | 1.00 | |
| A | Hash Brown Triangles (max 2) | 1.20 | ea |
| A | Jelly cup with custard | 1.00 | |
| A | Milo Energy Bar | 1.60 | |
| A | Milo Stars | 1.00 | |
| A | Moosie | 2.00 | |
| A | Muffin - Chocolate or Blueberry | 1.60 | |
| G | Pikelets | 0.50 | |
| A | Popcorn | 1.00 | |
| G | Sippah Straw + Plain Milk | 1.50 | |
| A | Sweet Chilli Chicken Strip | 2.00 | |
| G | Yogo - Chocolate | 1.80 | |

DRINKS

| | | | |
|----------|----------------------------------|-------|-------------|
| G | Plain Milk | 225ml | 1.20 |
| G | Chocolate Flavoured Milk | 300ml | 2.20 |
| G | Strawberry Flavoured Milk | 300ml | 2.20 |
| G | Banana Flavoured Milk | 300ml | 2.20 |
| G | Choc Mint Flavoured Milk | 300ml | 2.20 |
| G | Bottled Water - small | 350ml | 1.00 |
| G | Bottled Water - large | 600ml | 1.50 |
| A | Apple Juice Box | 250ml | 2.00 |
| A | Tropical Juice Box | 250ml | 2.00 |

How To Order

Use Online Ordering at www.ouronlinecanteen.com.au

Register your children by entering their names and LA number under Landsdale Primary School.
Order your child's lunch ONLINE before 8:45am each day or order ONLINE the night before
With Online Ordering you can pay by a bank transfer or credit card
(online orders close at 8:45am)

OR

Choose your menu items then fill out a Lunch Order bag that can be purchased from the canteen
place your 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 - 9:00am

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 by 9:00am will be provided with a Vegemite or Cheese Sandwich. Payment will be required the next day.

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.

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 lunches from home.

New Menus

New Menus can be obtained from the Canteen or the Administration Office or from the School Digital Newsletter
Our menu has been compiled to reflect the guidelines of the WA School Canteen Assoc which have

| | | | |
|----------|---|-------|-------------|
| A | Orange Juice Box | 250ml | 2.00 |
| A | Apple/Blackcurrant Juice Box | 250ml | 2.00 |

After Lunch Counter Sales

| | | |
|----------|--------------------------|-------------|
| A | 99% Fruit Juice Slushies | 2.50 |
| A | Vanilla Ice Cream Bucket | 2.00 |
| A | Paddle Pop ice creams | 2.00 |
| A | 99% Juicy Ice Sticks | 1.00 |
| A | Moosie | 2.00 |

been set to ensure that food sold in our canteen are

HIGH in Fibre and Calcium but **LOW** in Fat, Sugar and Salt

VOLUNTEERS

Our Canteen cannot operate successfully without the help of volunteers. We would be grateful if you are able to spare a few hours on a weekly, fortnightly, monthly or even once a term.

We provide morning tea, lunch, conversation and laughter to thank you for your help.

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