

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 0.20	Mayonnaise 0.20

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 Drummies & 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 4 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 Bolognaise	4.00
G	Macaroni & Cheese	4.00
G	Fried Rice - Meat or Vegetarian	4.00
G	Strip Sub Roll or Yummy Sub Roll	4.50

** Strip & Yummy Sub rolls contain the following
mayonnaise, lettuce, carrot, tomato & cheese

** The following Yummy Drummies, Wedges & Fish Fingers
MUST be ordered with a Fruit Tub and Corn Cob

G	1 Yummy Drummy, corn cob & fruit tub	3.20
G	2 Yummy Drummies, 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

	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	Hotdog - Tomato / No 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 (Mayonaise)	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 (Mayonaise)	4.00
	G	Hamburger (Tomato Sauce)	4.00
		** all burgers contain lettuce, carrot, tomato	

T H U R S	G	Stuffed Potato - Ham & Cheese	3.00
	G	Stuffed potato - Cheese	3.00
	G	Chicken or Fish Burger (Mayonaise)	4.00
	G	Hamburger (Tomato Sauce)	4.00
		** all burgers contain lettuce, carrot, tomato	
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 Sinky	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	each
A	Jelly cup with custard	1.00	
A	Milo Energy Bar	1.60	
A	Milo Stars	1.00	
A	Moosie	2.00	
G	Pikelets	0.50	
A	Popcorn	1.00	
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	Neapolitan Flavoured Milk	300ml	2.20
G	Sippah Straw + Plain Milk	225ml	1.50
	- Chocolate Straw		
	- Strawberry Straw		
	- Banana Straw		
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
 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.

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
 been set to ensure that food sold in our canteen are

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A	Orange Juice Box	250ml	2.00
A	Apple/Black 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

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.