

## 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	2.20	2.60
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 or 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 Drummies & 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

capsicum, pineapple, cheese & egg

G	FRUIT SALAD TUB	3.70
---	-----------------	------

LUNCH BAGS	25 bags for	1.00
------------	-------------	------

## LANDSDALE PRIMARY SCHOOL

### CANTEEN MENU

#### TERM 4 2015

G - Green - Healthy Choice

A - Amber - Choose Occasionally

Open : 8:30am - 1:00pm

Phone : 9302 4582

Manager : 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	3.80
G	Pasta Bolognaise	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 Drummy & corn cob & fruit tub	3.00
G	2 Yummy Drummies & 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 or Pasta Bolognaise	5.50
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	Beef Pie	3.00
M	A	Beef & Cheese Pie	3.00
O	A	Sausage Roll	2.70
N	A	Vegie Pastie	3.00
D	A	Snack Pie	1.40
A	A	Potato Topped Pie	3.00
Y	A	Pizza Single small	2.70
		- supreme or ham & pineapple	

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	

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

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			

	A	Beef Pie	3.00
F	A	Beef & Cheese Pie	3.00
R	A	Sausage Roll	2.70
I	A	Vegie Pastie	3.00
D	A	Snack Pie	1.40
A	A	Potato Topped Pie	3.00
Y	A	Dinosaur Nuggets (max of 5)	0.90 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)	1.40
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 Triangles (max 2)	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	1.20
A	Moosie	1.60
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	225ml	1.20
G	Flavoured Milk	300ml	2.00
	chocolate, strawberry, banana, caramel, choc mint		
G	Bottled Water - small	350ml	1.00
G	Bottled Water - large	600ml	1.50
A	Popper Box Juice 100%	250ml	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

## 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 – 9:00am

## OR

## Use Online Ordering at

[www.ouronlinecanteen.com.au](http://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 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.

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 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 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 grateful if you are able to spare a few hours on a weekly, fortnightly, monthly or even once a term. We provide 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.