

# SUMMER MENU

## WRAPS

★ <b>Chicken Mayo:</b> Chicken, lettuce, carrot, mayo	\$4.00
★ <b>Spicy Chicken:</b> Chicken, carrot sweet chilli, sour cream, lettuce	\$4.00
☺ <b>Salad Wrap:</b> Carrot, lettuce, Cucumber, cheese,	\$4.00
★ <b>Ham Wrap:</b> Ham, carrot, cheese Cucumber, lettuce	\$4.00

## SANDWICHES/ROLLS

*White Hi Fibre/Wholemeal/Multigrain bread  
OR White torpedo roll*

★ Plain Buttered	\$0.70
★ Honey OR Vegemite	\$1.20
★ Cheese	\$1.50
★ Devon and tomato sauce	\$1.50
☺ Egg	\$2.00
★ Ham	\$2.00
☺ Salad	\$2.70
☺ Tuna OR Salmon	\$3.00
★ Chicken	\$3.50
Salad extras:	
☺ beetroot, carrot, lettuce, tomato, cucumber,	EACH \$0.40
★ Cheese extra	\$0.80
Mayonnaise sachet	\$0.30

## SALADS

☺ <b>Mini Salad:</b> Lettuce, carrot, Cucumber, cherry tomato, cheese	\$1.40
☺ <b>Salad Box:</b> Lettuce, celery Carrot, tomato, cucumber, breadsticks (2)	\$3.00
★ With Crispy Chicken tenderloin	\$4.10
☺ With tuna or salmon	\$4.00
☺ <b>Hard Boiled Egg</b>	\$0.60
Mayonnaise sachet	\$0.30

# LANE COVE PUBLIC SCHOOL CANTEEN

## BREAKFAST

*Available each morning 8.30 – 9am*

☺ Up & Go: Choc Ice/Vanilla/S-berry	\$1.50
★ Banana Bread (½ slice)	\$1.00
☺ Fresh fruit (varies)	\$1.20
☺ Fresh yogurt (var flavours/low fat)	\$1.00
PLUS any Juices, milks or water	

## HOT FOODS

★ ½ Hot Cheese Roll	\$1.00
★ Chicken Dino Snacks (3 per bag)	\$1.10
☺ Corn Cobette	\$0.80
★ Fried Rice	\$3.20
★ Garlic Bread	\$0.80
★ Instant Noodle Cup: Chicken	\$2.50
☺ Lasagne: Beef	\$3.10
★ Macaroni Cheese	\$3.00
★ Party Pie (mini/low fat)	\$0.90
★ Pizza: Ham & Pineapple	\$2.00
★ Roast Chicken Leg	\$1.50
★ Yummy Drummy (Chicken nugget)	\$0.90

## DRINKS

☺ Plain Milk	\$1.00
☺ Milk: Chocolate/Strawberry	\$1.20
☺ Bottled Water	\$1.20
★ Pure Juice: Apple/Tropical/Orange	\$1.20
☺ Up & Go: Choc Ice/Vanilla/S-berry	\$1.50

## FROZEN ITEMS

☺ Frozen Orange Quarters	\$0.20
☺ Frozen Pineapple Rings	\$0.50
★ Frozen Yogurt: Strawberry/Mango	\$2.00

*Noodles must be collected from the canteen.*

*Due to health & safety regulations, we cannot heat food brought from home at the canteen.*

## OTHER ITEMS

☺ Apple Slinky	\$1.20
- With apple from home	FREE!
★ Banana Bread (½ slice)	\$1.00
☺ Bread Sticks	\$0.20
☺ Carrot Sticks	\$0.10
☺ Celery Sticks	\$0.10
☺ Fresh fruit (varies )	\$1.20
☺ Fresh yogurt (var flavours/low fat)	\$1.00
★ Hommus dip + vegies or breadsticks	\$1.00
★ Piranha vege crackers (gluten free) (Italian, honey soy, S+V, BBQ Cheese)	\$0.90
☺ Popcorn: Butter/BBQ/S+V/Cheese	\$1.00
★ Sultana snaps (various flavours)	\$0.40
★ Tomato Sauce/BBQ Sauce sachet	\$0.30
☺ Vegemite crackers	\$0.20
<b>20 Lunch Bags</b>	<b>\$1.20</b>

## OVER THE COUNTER

(Not available in lunch orders)

★ Jelly Fruit Cups	\$1.00
★ Icy Twist	\$1.10
★ Callipo – lemon /raspberry	\$1.00
★ Paddle Pops: Rainbow/Choc/Banana	\$1.40
☺ Quelch Sticks: Various flavours	\$0.50
☺ Slushies (frozen fruit juice)	\$1.50

## WEDNESDAY ONLY

☺ Sushi (chicken teriyaki /vegetarian)	\$2.50
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## CANTEEN REMINDERS!

- \* All Lunch Orders, with correct name and class, must be in at the canteen by 9.30 am each day. MunchMonitor online orders close at 9.00 am daily.
- \* Late lunch orders will have any hot food replaced with a sandwich (honey, vegemite or cheese) or chicken instant noodles.
- \* Correct change is appreciated as the canteen cannot be responsible for any lost change.
- \* Some products may contain traces of nuts.

# Term 4 2009

## DAILY SPECIALS

### TUESDAY

Chicken Burger <i>(Crumbed chicken pattie, lettuce Mayo)</i>	\$3.50
Beef Burger <i>(Beef Pattie, tomato, lettuce, Tomato or BBQ sauce)</i>	\$3.50

### THURSDAY

Hot Dogs <i>(Frankfurt served in a hot dog bun with tomato or BBQ sauce)</i>	\$2.50
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- ☺ Green rated foods  
- (eat lots of!)
- ★ Amber rated foods  
- (eat sometimes!)

LCPS has teamed up with MunchMonitor to offer an easy to use online ordering system for parents and students.

To set up your MunchMonitor account:

Go to [www.munchmonitor.com](http://www.munchmonitor.com)

Enter Username : lcps

Enter Password: munch2066

Click Sign Up!

