

RECESS AND LUNCHTIME DAILY

- Jelly Cups \$1.00
- Bottled Water \$1.50
- Choc or Straw Chill \$2.30
- Assorted Juice Boxes \$1.50
- CHILL J Sparkling Juice \$2.30
- Sippah straw with milk \$1.70
- Sml 225ml carton Milk \$1.50
- Milo \$1.50

RECESS SPECIALS

- Chicken Nuggets .50c
- Hash Browns .50c
- Muffins/Pikelets .50c
- COOKIES .50c
- Cheesy \$1.00
- Homemade Pizza \$1.00

3-4 of the above items will be available each day,
variety will change daily

Remember how special you felt when YOUR mum was on duty at the school canteen?
Don't let your kids miss out on the memories. Download a canteen volunteer form today.



OUR LADY OF LOURDES THE MUNCH BOX SUMMER MENU 2017

Term 4

OPEN WEDNESDAY and FRIDAY



Volunteers help keep canteen costs down and our prices low.
How can you help our canteen?

Please come in and put your name on the roster!
COME AND SPEND SOME TIME WITH ME !!

Canteen Manager: Mrs Rosie Samuels
29 MARDIA WAY
NOLLAMARA

Sandwiches

- Ham/ Tuna/Chicken/Cheese \$2.60
- Egg – plain or curried \$2.60
- Salad \$2.00
- Vegemite \$1.50

Rolls

- \$3.20
- \$3.20
- \$2.60
- \$2.00

Wraps

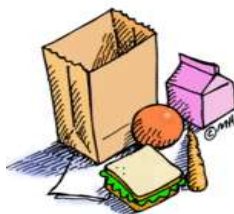
- \$3.20
- \$3.20
- \$2.60
- \$2.00

EXTRAS

- Salad .60
(Lettuce, tomato, cucumber, carrot)
- Avocado .70
- Toasted .50
- Cheese .60
- Egg .60

All bread used in the canteen is wholemeal.

White bread and **Gluten free** available on request.



SALAD PLATES

- Plain salad \$3.00
- Super Salad \$4.50
(Includes plain salad with beetroot,capsicum,onion,avocado)
- Ham and salad \$4.50
- Tuna and salad \$4.50
- Egg/Cheese and salad \$4.50

Salad: lettuce, tomato, carrot, cucumber, served with bread/butter, fork and serviette.

AFTER LUNCH SALES

- Paddle Pop variety of flavours \$1.50
- Quelch Icy Fruit Sticks .50c
- Lemonade/Raspberry Icy poles \$1.00
- Ice-cream cups \$1.00 **GF**
- Lifesavers \$2.00

VARIETY OF SNACKS

WEDNESDAY ONLY

- PIZZA SINGLE cheese/bacon \$3.00
- LASAGNE \$4.00
- SPAGHETTI BOLOGNAISE \$4.00
- MACARONI CHEESE \$4.00
- FRIED RICE \$4.00 **GF**
- ARANCINI (CHEESE RICE BALLS) \$1.60 each
- 3 ARANCINI \$4.30
- **GLUTEN FREE** MACARONI CHEESE \$4.50
- **GLUTEN FREE** LASAGNE \$4.50
- NACHO DIPPERS \$4.50
- SAUSAGE ROLL \$3.00
- BEEF PIE \$3.50
- SAUCE PORTION .30
- CHICKEN SUSHI (6 PCE) \$4.50
- TUNA SUSHI (6PCE) \$4.50

FRIDAY ONLY

- PIZZA SINGLE cheese/bacon \$3.00
- LASAGNE \$4.00
- SPAGHETTI BOLOGNAISE \$4.00
- MACARONI CHEESE \$4.00
- FRIED RICE \$4.00 **GF**
- ARANCINI (CHEESE RICE BALLS) \$1.60 each
- 3 ARANCINI \$4.30
- **GLUTEN FREE** MACARONI CHEESE \$4.50
- **GLUTEN FREE** LASAGNE \$4.50
- NACHO DIPPERS \$4.50
- VEGETARIAN QUICHE WITH SIDE SALAD \$4.50
- FISH NUGGETS,MINI HASH BROWNS and SALAD \$4.50