

DAILY RECESS OFFERS

Limited stock may be sold over the counter.

All orders must be at the canteen by 9:30am

MONDAY only

- Muffin Pizza \$1.50
½ a wholemeal muffin topped with tomato sauce, shredded cheese, shredded ham & diced tomato and grilled in the oven
- Watermelon Cup Flexischools only
Diced Watermelon served in a cup with a fork

WEDNESDAY only

- Muffin Pizza \$1.50
½ a wholemeal muffin topped with tomato sauce, shredded cheese, shredded ham & diced tomato and grilled in the oven
- Snack Pack Flexischools only
Carrot sticks, Cucumber sticks, Crackers & Cheese served with Tzatziki dip

DAILY LUNCH OFFERS

MONDAY only

- Burrito \$4.00
Seasoned mince cooked fresh in the canteen served on a wholemeal wrap with lettuce, diced tomato, shredded cheese & your choice of sauce (tomato, BBQ, mayo or sweet chilli).

WEDNESDAY only

- Fried Rice \$4.00
Brown rice, finely chopped egg, onion, carrot, mushroom, peas, corn & ham cooked fresh in the canteen (can be made without ham for vegetarians).

DRINKS – Available daily Recess & Lunch

- Milk with choice of flavoured Sippah Straw \$2.00
Choose from: Chocolate, Strawberry, Caramel, Latte, Cookies & Cream, Choc Mint, Vanilla, Banana or Honeycomb
- Flavoured H2 Coconut Water Popper \$2.00
- Bottled Water \$2.00

MONDAY & WEDNESDAY LUNCH OPTIONS

All burgers, sandwiches & wraps are served on wholemeal unless otherwise stated, with all ingredients listed unless otherwise stated.

- Salad Sandwich \$4.50
Tomato, lettuce, cucumber, cheese, carrot & beetroot.
- Cheese & Tomato \$3.00
- Cheese, Tomato & Lettuce \$3.50
- Egg \$3.50
- Egg & Lettuce \$4.00
- Egg & Carrot \$4.50
- Ham (low fat) & Tomato \$3.50
- Garden Salad Box \$4.50
Tomato, lettuce, cucumber, cheese, carrot & beetroot
- Garden Salad Box Plus \$5.00
Add Ham (99% fat free), Grilled Chicken, Egg or Tuna to your Salad Box
- Design Your Own Sandwich 3 fillings for \$4.00
add 50c for extra – combination from ingredients listed above.
- LPS Burger \$4.50
Fresh grilled chicken breast with lettuce & mayo on a wholemeal roll
- Banksia Brunch \$4.50
Low-fat beef patty on wholemeal roll with lettuce, tomato, cheese & beetroot with your choice of tomato or BBQ sauce
- Hungry Hakea \$4.00
99% fat free ham, cheese and tomato on wholemeal bread or wrap, toasted
- Cheese Toasty \$3.00
Toasted cheese sandwich on wholemeal bread
- Make Your Own Pizza \$4.50
Pizza base with Tomato or BBQ Sauce and your choice of 4 toppings. Choose from: Grilled Chicken, 99% fat free shredded ham, onion, mushroom, pineapple, diced tomato, green capsicum & garlic
- Twista Pasta (frozen) \$4.00
- Lasagne (frozen) \$4.00
- Muffin Pizza \$1.50
½ a wholemeal muffin topped with tomato sauce, shredded cheese, shredded ham & diced tomato and grilled in the oven
- Vegetable Spring Rolls \$1.00
- Chicken or Beef Noodle cup \$3.50
- Chicken Nuggets (gluten free) \$1.00
- Yummy Drumsticks Flexischools only
- Potato Wedges Flexischools only

FRIDAY OPTIONS Flexischools Only

Note: Limited menu due to sport

These 2 items can be ordered to take to PSSA as well via Flexischools only

RECESS

- 2 x Pikelets with jam Flexischools only
- Popcorn Flexischools only

LUNCH

- Sushi Flexischools only
1 x Sushi Roll Choose from: Tuna & Avocado, Salmon & Cucumber, Chicken Teriyaki & Cucumber, Plain Tuna, Plain Avocado, Salmon & Avocado, Tuna & Avocado.
Delivered fresh from Riverwood Sushi
- Banksia Brunch Flexischools only
Low-fat beef patty on a roll with lettuce, tomato, cheese & beetroot with your choice of tomato or BBQ sauce
- Friday Toasty Flexischools only
99% fat free ham, cheese & tomato sandwich, toasted or untoasted on wholemeal bread, white bread or a wrap
- LPS Burger Flexischools only
Fresh grilled chicken breast with lettuce & mayo on a wholemeal roll
- Lasagne or Twista Pasta Flexischools only
- Cheese Toasty Flexischools only
- Yummy Drumsticks Flexischools only
- Chicken Nuggets (gluten free) Flexischools only
- Chicken or Beef Noodle cup Flexischools only
- Potato Wedges Flexischools only
- Vegetable Spring rolls Flexischools only

OTHER

- Tomato or BBQ Sauce sachet 20c
- French Dressing 30c
- Paper Lunch Bag 10c

SNACKS

Available daily – Recess & Lunch

- Frozen Orange quarters 10c
- Frozen Pineapple rings 40c
- Apple \$1.00
- Apple Slinky \$1.20
- Banana \$1.00
- Mandarin \$1.00
- Pear \$1.00
- Watermelon Cup or Slices \$1.00
- Quelch Fruit Tube ice block 60c
- 2 x Pikelets with Jam **Flexischools only**
- Breadsticks 20c
- Jelly Cup 60c
- Honey Soy or Sea Salt Chips \$1.50
- Full bag of Popcorn \$1.20

FROZEN SNACKS

Available daily – Lunch only

- Orchy Cup (frozen juice) \$1.20
Orange, apple & blackcurrant or apple
- Chocolate Moosie \$1.50
- Slushy/Blizzard \$1.50
- Iced Mony/ TNT \$1.00
Blue Raspberry, Chocolate

KEY

- GREEN Everyday Foods
- ORANGE Occasional Foods



HOW TO PLACE AN ORDER

There are 2 ways you can place an order:

1. The easiest way to place a lunch order is online using Flexischools (www.flexischools.com.au).

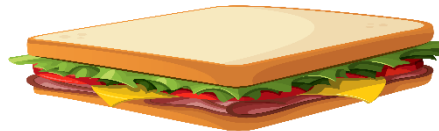
OR

2. Directly to the canteen. Place your lunch order bag in the class basket before class commences & it will be taken directly to the canteen. *(Please note that this is not available on Fridays).*

VOLUNTEERS

Lugarno Public School canteen always requires volunteers to ensure our canteen runs smoothly each day. No prior experience is necessary & Morning Tea, Lunch, Tea/Coffee, Cold drinks and good company are all provided.

If you can volunteer your time once a month, between 9am-2pm, please contact our Canteen Manager Sharon on 0430 290 077



LUGARNO PUBLIC

SCHOOL

CANTEEN

SUMMER MENU

Term 1 2019



OPEN: Monday, Wednesday & Friday

Canteen Manager Sharon Steed 0430 290 077