

Lara Lake Primary

2017 Canteen Menu

Please provide a brown paper bag with Name, grade & lunch order (**NO** tape or staples please).
If needed a bag can be provided for 10c. Please remind your child when ordering a Minke or frozen treat to bring their bag up to the canteen at lunch time for collection.

BBQ & Tomato sauce 30c extra.

Thanks Leeann.

Please ask about gluten free options

Healthy Choices

Pita Wraps - *your choice of (ham, chicken or egg**)* with salad

Garden Salad (*chicken or ham*)

Fresh Fruit Salad

Whole-	\$ 4.60
Half-	\$ 3.10
	\$ 4.60
Small-	\$ 1.60
Large-	\$ 3.20

Sandwiches

Wholemeal/white/Rolls extra 60c

Salad (<i>no meat</i>)	\$ 3.50
Light ham & salad	\$ 3.70
Egg** & Salad	\$ 3.70
Chicken	\$ 3.70
Chicken & Salad	\$ 4.30
Chicken & Avocado	\$ 4.30
Egg & lettuce	\$ 3.30
Light ham	\$ 2.90
Light cheese*	\$ 2.70
Light ham & cheese*	\$ 3.10
Vegemite/Jam	\$ 1.80
gluten free bread (extra)	\$ 0.50
Filling's (extra)	\$ 0.50
Avocado (extra)	\$ 0.50

Occasional Hot Foods

Lasagne * (<i>homemade</i>)	\$ 3.80
Spaghetti* (<i>homemade</i>)	\$ 3.80
Macaroni cheese * (<i>homemade</i>)	\$ 3.80
Fried rice **	\$ 3.80
Vegetarian Lasagne (<i>homemade</i>)	\$ 3.80
Vegetarian Burger (<i>vege pattie, lettuce & sauce</i>)	\$ 3.80
Hamburger with cheese (<i>lean meat, cheese, lettuce, sauce</i>)	\$ 3.80
Chicken burger (<i>crumbed chicken pattie, lettuce & mayo</i>)	\$ 3.80
party pies	\$ 1.10
sausage roll	\$ 2.60
Vegetarian Pastie	\$ 3.50
Baked Potato (<i>baked beans, cheese*, sour cream*, coleslaw</i>)	\$ 4.20
Pizza (<i>Hawaiian*</i>)	\$ 3.50
Pizza (<i>margarita*</i>)	\$ 3.50
Sweet Chilli Wrap (<i>chicken strips, lettuce, mayo & sweet chilli sauce wrapped in a tortilla</i>)	\$ 4.50
Fantastic noodles (<i>chicken/beef</i>)	\$ 3.00
Dino Snacks (<i>oven cooked chicken breast in tempura batter</i>)	3x \$ 2.00 6x \$ 3.80 10x \$ 5.20
Tomato & BBQ sauce	\$ 0.30
Dim sims (<i>steamed only</i>)	\$ 1.00

Toasted Sandwiches

Chicken & cheese*	\$ 4.10
Light ham	\$ 3.10
Light cheese*	\$ 2.90
Ham, cheese* & tomato	\$ 3.50
Ham & pineapple	\$ 3.30
Baked beans/spaghetti	\$ 2.90
Ham & cheese*	\$ 3.30
Ham, cheese*, pineapple	\$ 3.50

Brain Food

Stringers (<i>cheese</i>)*	\$ 1.10
Jelly & fruit	\$ 1.20
Jelly	\$ 1.00
Cheese* & crackers	\$ 1.20
Mixed dried fruit bag	\$ 1.50
Rice cakes	\$ 0.20
Fruit (<i>in season</i>)	\$ 1.00
Bertie boiled egg**	\$ 0.80
Carrot sticks	\$ 0.05
Crackers & dip	\$ 1.20
Mini yoghurt*	\$ 1.20
Mini yoghurt* & fruit	\$ 1.50

Drinks

Big M* (<i>chocolate/strawberry</i>)	\$ 2.20
slush puppy Ice drink (<i>pear juice base</i>)	\$ 2.20
(<i>cola, grape, strawberry, raspberry, carnival kick</i>)	
(<i>shocker 20c extra</i>)	
Hot chocolate*	\$ 1.70
Milkshake* (<i>chocolate, strawberry, caramel, lime, blue heaven, banana, vanilla</i>)	\$ 3.00
Bottled water	\$ 1.00
Just juice (<i>apple-blackcurrant, orange, apple</i>)	\$ 1.70

Snack Food

Cookies* home made	\$ 1.00
Muffins* home made	small \$ 0.80 large \$ 1.50
JJ Snacks (<i>pizza, burger, chicken, salt & vinegar</i>)	\$ 1.20
Jumpies (<i>chicken, salt & vinegar</i>)	\$ 1.00
Gingerbread people	\$ 1.50
Pretzels	\$ 1.00
Popcorn	\$ 1.20
Grain Waves	\$ 1.20
Red rock deli chips (<i>honey soy/sea salt</i>)	\$ 1.20

Frozen Treats

Mud buckets*	\$ 1.00
Sprinkle buckets*	\$ 1.00
Frozen juice buckets	\$ 1.00
Frozen pineapple slices	\$ 0.30
Icy twist	\$ 1.00
Mini Calippo (<i>raspberry-pineapple</i>)	\$ 1.00
Frozen jelly fruits	\$ 0.50
Quelch (<i>99% juice</i>)	\$ 0.50
Paddle pops* (<i>chocolate/rainbow</i>)	\$ 1.50
PaddlePop Shakey Shake	\$ 2.00
Moosie* (<i>blue moon</i>)	\$ 1.20

Mad Monday ONLY

Hotdog	\$ 2.60
Hotdog with Cheese	\$ 2.80
Sauce (extra)	\$ 0.30

Wacky Wednesday ONLY

Nachos (<i>salsa, sour cream, cheese</i>)	\$ 3.60
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*Contains lactose.

**Contains egg.