

Lara Lake Primary

2023 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 Slushy or frozen treat to bring their bag up to the canteen at lunch time for collection.

BBQ & Tomato sauce 40c 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

Sandwiches

Wholemeal/white/Rolls extra 80c

Salad (no meat)

Light ham & salad

Egg** & Salad

Chicken

Chicken & Salad

Chicken & avocado

Egg** & lettuce

Light ham

Light cheese*

Light ham & cheese*

Vegemite/Jam

Rolls/gluten free bread (extra)

Filling's (extra)

Avocado (extra)

Occasional Hot Foods

Lasagne* homemade

Spaghetti* homemade

Macaroni* homemade

Fried rice** homemade

Vegetarian Lasagne* homemade

Vegetarian Burger ***

Hamburger with cheese (lean meat, cheese, lettuce, sauce)

Chicken burger (crumbed chicken pattie, lettuce & mayo)

Party pies

Sausage roll

Baked Potato (baked beans, cheese*, sour cream*, coleslaw)

Pizza (Hawaiian*)

Pizza (Margarita*)

Sweet Chilli Wrap (chicken strips, lettuce, mayo & sweet chilli sauce wrapped in a tortilla)

Fantastic noodles (chicken/beef)

Dino Snacks (oven cooked chicken breast in tempura batter)

Tomato & BBQ sauce

Dim sims (steamed only)

Toasted Sandwiches

Chicken & cheese*

Light ham

Light cheese*

Ham, cheese* & tomato

Ham & pineapple

Baked beans/spaghetti

Ham & cheese*

Ham, cheese*, pineapple

Brain Food

Stringers (cheese)*

Jelly & fruit

Jelly

Cheese* & crackers

Rice cakes

Fruit (in season)

Bertie bolied egg**

Carrot stick

Crackers & dip

Mini yoghurt*

Mini yoghurt* & fruit

Drinks

Big M* (chocolate/strawberry)

Slushy Ice drink (pear juice base)

(cola, grape, strawberry, raspberry, carnival kick) (shocker 20c extra)

Hot chocolate*

Milkshake* (chocolate, strawberry, banana, caramel, lime, blue heaven, vanilla)

Bottled water

Just juice (apple-blackcurrant, orange, apple)

Snack Food

Cookies* home made

Muffins* home made

JJ Snacks (pizza, burger, chicken, salt & vinegar)

Jumpies (chicken, salt & vinegar)

Gingerbread people

Pretzels

Popcorn

Grain Waves

Red rock deli chips (honey soy/sea salt)

Brownies

Frozen Treats

Mud buckets*

Sprinkle buckets*

Frozen natural pineapple juice

Frozen pineapple slices

Icy twist

Mini Calippo (raspberry-pineapple)

Frozen jelly fruits (squeezys)

Quelch (99% juice)

Paddle pops* (chocolate,rainbow, bubblegum)

Moosie* (blue moon)

Mad Monday ONLY

Hotdog

Hotdog with Cheese*

Sauce (extra)

Wacky Wednesday ONLY

Nachos (salsa, sour cream*, cheese*)

*Contains lactose.

**Contains egg.