

# Lara Lake Primary

## 2020 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 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-	\$ 4.80
Half-	\$ 3.30
	\$ 4.80
Small-	\$ 1.70
Large-	\$ 3.30

### Sandwiches

Wholemeal/white/Rolls extra 60c

Salad ( <i>no meat</i> )	\$ 3.60
Light ham & salad	\$ 3.80
Egg** & Salad	\$ 3.80
Chicken	\$ 3.80
Chicken & Salad	\$ 4.40
Chicken & avocado	\$ 4.40
Egg** & lettuce	\$ 3.40
Light ham	\$ 3.10
Light cheese*	\$ 2.80
Light ham & cheese*	\$ 3.20
Vegemite/Jam	\$ 2.00
Rolls/gluten free bread (extra)	\$ 0.60
Filling's (extra)	\$ 0.50
Avocado (extra)	\$ 0.50

### Occasional Hot Foods

Lasagne* homemade	\$ 4.00
Spaghetti* homemade	\$ 4.00
Macaroni* homemade	\$ 4.00
Fried rice** homemade	\$ 4.00
Vegetarian Lasagne* homemade	\$ 4.00
Vegetarian Burger **	\$ 4.00
Hamburger with cheese ( <i>lean meat, cheese, lettuce, sauce</i> )	\$ 4.00
Chicken burger ( <i>crumbed chicken pattie, lettuce &amp; mayo</i> )	\$ 4.00
Party pies	\$ 1.10
Sausage roll	\$ 3.50
Baked Potato ( <i>baked beans, cheese*, sour cream*, coleslaw</i> )	\$ 4.50
Pizza ( <i>Hawaiian*</i> )	\$ 3.70
Pizza ( <i>Margarita*</i> )	\$ 3.70
Sweet Chilli Wrap ( <i>chicken strips, lettuce, mayo &amp; sweet chilli sauce wrapped in a tortilla</i> )	\$ 4.70
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*	\$ 4.20
Light ham	\$ 3.20
Light cheese*	\$ 3.00
Ham, cheese* & tomato	\$ 3.60
Ham & pineapple	\$ 3.40
Baked beans/spaghetti	\$ 3.00
Ham & cheese*	\$ 3.40
Ham, cheese*, pineapple	\$ 3.60

### Brain Food

Stringers ( <i>cheese</i> )*	\$ 1.10
Jelly & fruit	\$ 1.20
Jelly	\$ 1.00
Cheese* & crackers	\$ 1.40
Rice cakes	\$ 0.20
Fruit ( <i>in season</i> )	\$ 1.00
Bertie boiled egg**	\$ 0.80
Carrot stick	\$ 0.05 ea
Crackers & dip	\$ 1.20
Mini yoghurt*	\$ 1.30
Mini yoghurt* & fruit	\$ 1.60

### Drinks

Big M* ( <i>chocolate/strawberry</i> )	\$ 2.20
Slushy 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, banana, caramel, lime, blue heaven, vanilla</i> )	\$ 3.00
Bottled water	\$ 1.00
Just juice ( <i>apple-blackcurrant, orange, apple</i> )	\$ 1.70

### Snack Food

Cookies* home made	\$ 1.20
Muffins* home made	small \$ 0.90 large \$ 1.70
JJ Snacks ( <i>pizza, burger, chicken, salt &amp; vinegar</i> )	\$ 1.20
Jumpies ( <i>chicken, salt &amp; 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 natural pineapple juice	\$ 1.00
Frozen pineapple slices	\$ 0.30
Icy twist	\$ 1.00
Mini Calippo ( <i>raspberry-pineapple</i> )	\$ 1.00
Frozen jelly fruits (squeezys)	\$ 0.50
Quelch ( <i>99% juice</i> )	\$ 0.50
Paddle pops* ( <i>chocolate, rainbow, bubblegum</i> )	\$ 1.50
Moosie* ( <i>blue moon</i> )	\$ 1.20

### Mad Monday ONLY

Hotdog	\$ 2.80
Hotdog with Cheese*	\$ 3.00
Sauce (extra)	\$ 0.30

### Wacky Wednesday ONLY

Nachos ( <i>salsa, sour cream*, cheese*</i> )	\$ 3.80
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\*Contains lactose.

\*\*Contains egg.