

# ***L's Bakes Healthy Canteen Menu***

Healthy School Canteen Food Coding (E - EVERYDAY) / (O - OCCASIONAL) / ( H -HALAL)

Crunch & Sip \$3 - (Water 600ml , Piece of Fruit) Available from 8.30am

## **WEEKLY SPECIAL**

*MUST PRE ORDER BY 9.30AM*

<p><b>3 BAKED CHICKEN WINGS &amp; FRIED RICE \$7.00</b></p> <p><b><u>MONDAY</u></b></p>	<p><b>NACHO TUESDAY \$6.00</b></p> <p>Lean mince Nacho sauce Cheese</p> <p><b><u>TUESDAY</u></b></p>	<p><b>BAKED CHICKEN SCHNITZEL &amp; CHIPS \$7.00</b></p> <p><b><u>TUESDAY</u></b></p>
<p><b>BUTTER CHICKEN &amp; RICE \$7.00</b></p> <p><b><u>WEDNESDAY</u></b></p>	<p><b>FISH &amp; CHIPS \$7.00</b></p> <p><b><u>THURSDAY</u></b></p>	<p><b>PIZZA &amp; GARLIC BREAD \$7.00</b></p> <p>MEAT (O) MARGARITA (O) VEGETARIAN(O) HAWAIIAN (O)</p> <p><b><u>FRIDAY</u></b></p>

*WHITE - WHOLEMEAL - MULTIGRAIN AVAILABLE HEALTHY SNACKS - AVAILABLE OVER THE COUNTER GLUTEN  
FREE - VEGETARIAN - HALAL AVAILABLE*

I ONLY WORK WITH BREAST CHICKEN & LEAN BEEF & EVERYTHING IS BAKED AND NOT FRIED

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## **LUNCH ORDER**

### **MEAL DEALS**

**\$8.50**

**FRUIT MAY VARY DURING THE SEASONS**

#### ***MAIN ITEM***

#### ***OTHER ITEM***

#### ***DRINK***

*ANY SANDWICH*

*APPLE*

*POPPER JUICE*

*ANY BURGER*

*WATERMELON*

*FLAVOURED MILK +\$1.00*

*ANY WRAP*

*FRUIT SALAD*

*WATER (600ML)*

*6 CHICKEN FINGERS*

*POPCORN*

*CHILL J +\$1.00*

*6 CHICKEN NUGGETS*

*JUICE BOMB +\$1.00*

**CAN BE ORDERED AT THE CANTEEN**



**LUNCH ORDER MUST BE MADE BY 9.30AM**

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## BREAKFAST

CORNFLAKES WITH MILK (H)	\$2.50
WEETBIX WITH MILK (H)	\$2.50
SULTANA BRAN WITH MILK (H)	\$2.50
TOAST WITH ASSORTED SPREADS (H)	\$1.50
VEGEMITE ON TOAST (H)	\$1.50
CHEESE TOAST MELTED CHEESE (O)(H)	\$2.00
HASHBROWN (O)(H)	\$1.50

## FRESH & COLD

FRUIT	\$1.50
FRUIT SALAD	\$3.00
WATERMELON CUP	\$2.50
YOGHURT LOW FAT VANILLA (H)	\$3.00
FLAVOURED YOGHURT	\$3.00
YOGHURT WITH MUESLI (H)	\$3.50
JELLY (O)(H)	\$1.50
JELLY & CUSTARD VANILLA (O)(H)	\$2.00

## MADE IN CANTEEN

BLUEBERRY MUFFIN (H)	\$2.50
BANANA BREAD (O)(H)	\$2.50
PANCAKES	\$3.00
PANCAKES (O) MAPLE SYRUP (H)	\$3.50
PANCAKES WITH ICE CREAM (H)	\$4.50
WARM NOODLES CUP(O)(H) Chicken / oriental	\$4.50
GARLIC BREAD (O)(H)	\$1.50

## SALAD BOWLS S \$5.50 L \$6.50

GARDEN (H)	
GARDEN WITH GRILLED CHICKEN (H)	
TUNA & SALAD (H)	
GREEK SALAD (H)	
GREEK SALAD WITH GRILLED CHICKEN (H)	

## READY TO EAT

POPCORN PLAIN (E)	\$1.00
VEGGIE STRAWS (E)	\$1.50
CARROT AND HUMMUS (E)	\$2.00
CHEESE & JAZZ CRACKERS (E)	\$2.00
2 CORN COB (E)	\$1.50

## SANDWICHES

### ROLLS EXTRA 50c PRE ORDER

CHEESE	\$2.00
BOILED EGGS	\$2.00
BOILED EGGS WITH LETTUCE & MAYO	\$3.50
CHICKEN LETTUCE MAYO	\$3.50
CHICKEN CHEESE LETTUCE & MAYO	\$4.00
CHICKEN TOMATOES CHEESE	\$3.50
TUNA MAYO	\$3.00
TUNA LETTUCE & MAYO	\$3.50
SALAD	\$3.50
SALAD WITH CHEESE	\$4.00

## BURGERS \$6.00

CHICKEN LETTUCE MAYO (H)	
BEEF CHEESE SAUCE (H)	
BEEF LETTUCE TOMATO ONION CHEESE SAUCE	
FISH LETTUCE SAUCE (H)	
KAFTA LETTUCE TOMATO SAUCE (H)	

## WRAPS \$4.50

CHICKEN LETTUCE MAYO (H)	
CHICKEN SALAD (H)	

## PASTRIES / PIES \$2.00

PARTY PIES (O)(H)	
PARTY ROLLS (O)(H)	

## PASTA \$5.50 PRE ORDER

SPAGHETTI BOLOGNESE (H)	
NAPOLITANA PASTA (H)	
MAC & CHEESE (H)	
CHICKEN FETTUCCHINE (H)	

## HOT FOOD \$4.50

CHICKEN CORN ROLL (O)(H)	
6 CHICKEN NUGGETS (O)(H)	
6 CHICKEN FINGERS (O)(H)	
HOT DOG (O)(H)	
MINI HOT DOG (O)(H)	\$2.50
PIZZA	\$6.00

## DRINKS

WATER 250ML/600ML	S \$2.00	L \$3.00
POPPER JUICE 200ML		\$3.00
JUICE BOMB 250ML		\$3.50
CHILL J 250ML		\$3.50
UP & GO 250ML		\$3.50
MOO MILK		\$3.00
OAK FLAVOURED MILK		\$3.50
WINTERS WARM COCO 200ML (O)		\$3.00

## ICY COLD TREATS

ICY STIX	\$1.00
ZOOPER DOOPER	\$1.00
FROZEN QUELCH	\$1.00
LEMONADE ICY POLE	\$2.00

## SAUCES 20c EACH

<u>SPOONS &amp; FORKS 20c EACH</u>	
<u>CUPS 20c</u>	