

Available Every Day

Are all Green = Healthy choice

COLD SELECTION

We use Bakers Delight preservative-free bread on our sandwiches and use 1 slice of white and 1 slice of wholemeal, unless otherwise requested.

| | Sandwich | Wrap |
|---|-----------------|-------------|
| Egg (free-range, plain or with mayo or curried) or Cheese | 2.90 | 3.10 |
| Ham | 3.20 | 3.40 |
| Tuna | 3.50 | 3.70 |
| Chicken | 3.70 | 3.90 |
| Egg or Cheese with Salad | 4.80 | 5.00 |
| Ham and Salad | 5.10 | 5.30 |
| Tuna and Salad | 5.40 | 5.60 |
| Chicken and Salad | 5.60 | 5.80 |
| Vegemite | 2.10 | 2.30 |
| Buttered | 1.30 | 1.50 |

Salad includes: lettuce, tomato, carrot & cucumber.

Please indicate if you want salt, pepper or mayo added.

Extras:

| | |
|---------------------------------------|-----|
| Tomato or beetroot | 60c |
| Cheese, egg (free-range) or pineapple | 90c |

SALADS

| | |
|---|------|
| Salad Bowl - lettuce, cherry tomatoes, grated carrot, cucumber & grated cheese | 4.50 |
| Make it Super - add chicken, tuna, ham or egg <i>Mayo and French dressing available</i> | 5.50 |

HOT SELECTION

| | | |
|--------------------------------|------|--------------|
| Hot Chicken Roll with mayo | 4.00 | Half 2.00 |
| Hot Ham Roll - extras as above | 3.50 | 1.80 |

HOMEMADE SELECTION

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|--|------|---------------|
| Mexican Beef Nacho's (home-made) (served with corn chips, topped with grated cheese, sour cream optional) | 5.00 | Small 4.00 |
| Lasagne | 5.00 | |
| Spaghetti Bolognese | 5.00 | |
| Macaroni Cheese | 4.50 | |
| Best Ever Butter Chicken & Rice | 5.00 | |

TOASTED SANDWICHES

| | |
|--------------------------------------|------|
| Cheese | 3.10 |
| Cheese & Vegemite | 3.20 |
| Cheese & Tomato | 3.70 |
| Ham & Cheese (add pineapple for 50c) | 4.30 |
| Ham, Cheese & Tomato | 4.90 |
| Chicken, Cheese & Mayo | 4.80 |
| Chicken, Cheese, Mayo & Pineapple | 5.30 |
| Baked Beans | 3.10 |
| Baked Beans & Cheese | 4.00 |

Daily Specials

Are all Amber = occasional choice

MONDAY & WEDNESDAY - Pick a Pie Day All from Mrs Macs Lite'n Up School Range

| | |
|------------------|------|
| Cruizer Meat Pie | 4.20 |
| Sausage Roll | 3.20 |
| Party Pie | 1.40 |
| <i>Add sauce</i> | 0.40 |

Snack Box - GF Crackers and cheese, carrots, cucumber, cherry tomatoes, slinky apple and choice of egg or ham (dairy free option available) 4.70

Spaghetti & Meatballs (Wednesday only) 5.00

TUESDAY - Choose Your Chicken Day

| | |
|--|------|
| Chicken Wrap - plain crumbed or sweet chilli tenders with lettuce, carrot & mayo (sweet chilli sauce optional). | 4.70 |
| Chicken Tenders - sweet chilli or plain crumbed | 1.70 |
| Chicken Dino Snacks (5 per serve, 1 serve only) | 2.70 |
| Chicken Dino Snacks with Salad | 5.20 |

THURSDAY - Burger Bonanza

| | |
|--|------|
| Hamburger with lettuce, tomato & tomato sauce | 5.00 |
| Cheeseburger with beef pattie, cheese, lettuce, tomato & tomato sauce | 5.00 |
| Chicken Burger with lettuce & mayo | 5.00 |
| Chicken Burger with cheese , lettuce & mayo | 5.00 |
| Chicken Burger with Cheese & Pineapple , lettuce & mayo | 5.90 |

FRIDAY

| | |
|--|------|
| Hot Dog with tomato sauce (BBQ sauce & mustard available) | 3.20 |
| <i>Half</i> | 1.60 |
| Pizza Rounda | 3.20 |

Drinks Etc

| | |
|---|------|
| Water 600ml | 1.60 |
| Milk 225ml | 1.60 |
| Flavoured Milk 300ml | 2.50 |
| Chocolate, Strawberry, Banana | |
| Plain Milk with Sippah Straw | 2.30 |
| Juice Box 250ml | 1.60 |
| Apple, Tropical, Apple and Blackcurrant | |
| Juice Bomb 250ml 99.9% Real Fruit Juice - no preservatives or added sugar | 2.50 |
| Apple Blackcurrant, Apple Raspberry, Vanilla Lime, Grape. Watermelon, Orange Passio | |

Recess



| | | |
|---|---------------------------------------|-------------------------------|
| G | Pizza slice (Lebanese bread base) | 1.00 |
| G | Pizza stick | 1.50 |
| A | Homemade Banana Bread | 1.00 |
| G | Home-made Pikelets | 0.50 |
| A | Mamee Rice sticks | 1.00 |
| G | Icy-poles | whole 0.60 half 0.30 |
| G | Apple | 1.00 10c to slinky own |
| | Other fruit as available | |
| G | Carrot sticks | 5c each |
| A | Hash Brown Nuggets (Tues & Thur only) | 0.50 (for 5) 1.00 (for 10) |



NORTH WOODVALE
Primary School

The Lunch Box

Menu 2022

The canteen is wholly run by the P&C as a service to the school community.

All menu items meet the Department of Education's Healthy Food and Drink policy and fulfil requirements set by the compulsory 'Traffic Light' healthy eating strategy.

Canteen Manager - Cathie Lynch
Phone 6207 2308

HOW TO PLACE YOUR ORDER

Lunch orders are available from Kindy to Year 6

The canteen is open every day from 8.30am. Lunches are ordered via a lunch order bag or online ordering at www.Quickcliq.com.au Lunch bags can be purchased from the canteen at 5c a bag or 50c for 10 or you can use plain bags which can be purchased from the supermarket.

Orders can be handed in over the counter in the morning or, if the correct change is in the bag, can be left in the 'correct money' box on the counter. Please ensure your child's name and room number are clearly marked on their bag and the order is placed before 9am.

Volunteers always needed and very much appreciated - if you can spare some time to help please contact Cathie or pop into the canteen.

Online ordering available at
www.Quickcliq.com.au