

Pre-Primary Winter Menu

Lunch

Fresh Sandwiches, Rolls & Wraps

Fillings available

Ham, Chicken, Tuna, Egg or Cheese
Salad (*incl. lettuce, carrot, tomato, cucumber*)

Extras Avocado, baby spinach, hummus or beetroot

Sandwich

One filling \$4.00
Two fillings \$4.50
Three fillings \$5.00

Roll or Wrap

One filling \$4.50
Two fillings \$5.00
Three fillings \$5.50

Gluten Free available add \$1.00
Extras add \$1.00

Vegemite roll \$2.50

Toasted Sandwich, Rolls and Wraps

Fillings available

Chicken, ham, tuna, baked beans, cheese, tomato, corn or pineapple

Extras Avocado, baby spinach, hummus or grated fresh beetroot

Toasted sandwich

One filling \$4.00
Two fillings \$4.50
Three fillings \$5.00

Toasted Roll or Toasted Tortilla Wrap

One filling \$4.50
Two fillings \$5.00
Three fillings \$5.50

Gluten free available add \$1.00
Extras add \$1.00

****Please note that all sandwiches and rolls are wholemeal unless white is requested**

Rainbow salad bowl \$5.50

Choose one:

Ham, chicken, tuna, egg or cheese

Salad includes

lettuce, tomato, grated carrot and cucumber

Extras Avocado, baby spinach, hummus or beetroot add \$1.00

Lunch Snacks

Muffins \$2.50

chocolate or fruit

Banana Bread *gluten free* \$2.50

Boiled egg \$1.00

Popcorn \$0.50

Fresh seasonal fruit \$1.00

Dried fruit \$0.80

Fruit Salad Cup \$3.00

Yoghurt \$3.00

Various flavours

Drinks

Plain Milk 300ml \$2.50

Bottled water 600ml \$2.00

Flavoured Milk \$3.50

Chocolate, Strawberry or Banana

Nudie Juice 100% \$3.00

Orange, Apple, Tropical

Paper Straw \$0.10

HOW TO ORDER FROM OUR SCHOOL CANTEEN

1. Please write PRE-PRIMARY at the top of every lunch bag.
2. Write child's name and room number under PRE-PRIMARY.
3. Write food order in the middle of the bag.
4. Enclose total amount owed.
5. Parent/sibling to take order/payment to canteen before school.
6. Lunch's will be collected and brought to class.

Pre-Primary Winter Menu – Weekday Options

Monday

Chicken Sub	\$5.50
<i>Long white roll, crumbed chicken tenderloin, grated carrot, tomato, lettuce and mayo</i>	
Pastries	
Sausage Roll (Gluten free available \$6.00)	\$4.00
Spinach and ricotta roll	\$4.00
Meat Pie	\$4.50
Potato Pie	\$4.50
Party Pie (Gluten free available 2 for \$5.50)	\$1.50
Sauce	\$0.30

NOTE: Tuesday Sushi orders must be placed on Monday

Tuesday

Sushi Tuna	\$7.00
Vegetarian	\$7.00
Chicken	\$7.50
Vegetarian Nachos Vegetarian sauce, corn chips, cheese and sour cream	\$5.00
Mac and Cheese (gluten free option available \$6.00)	\$5.00
Pizza Single – ham and pineapple	\$3.50

Wednesday

Pasta - Vegetarian	\$5.00
Pasta – Bolognese (both sauces made in canteen)	\$5.50
Gluten Free Pasta available	add \$0.50
Pizza Single – ham and pineapple	\$3.50
Mac and Cheese (gluten free option available \$6.00)	\$5.00

Thursday

Beach Burger Beef pattie, grated carrot, tomato, lettuce and tomato sauce	\$5.50
Sunshine Burger Vegetarian pattie, grated carrot, tomato, lettuce and tomato sauce	\$5.50
Chicken Burger Crumbed chicken, grated carrot, tomato, lettuce and tomato sauce	\$5.50
Meat Pie	\$4.50
Potato Pie	\$4.50
Sausage Roll (Gluten free available \$6.00)	\$4.00
Party Pie (Gluten free available 2 for \$5.50)	\$1.50
Spinach and Ricotta Roll	\$4.00

Friday

Vegetarian Fried Rice	\$5.00
<i>Gluten free, rice, corn, carrots, capsicum, peas, spring onions, free-range eggs, GF soy sauce</i>	
Macaroni Cheese (Gluten free option available \$6.00)	\$5.00
Sausage Roll (Gluten free available \$6.00)	\$4.00
Spinach and ricotta roll	\$4.00
Meat Pie	\$4.50
Potato Pie	\$4.50
Party Pie (Gluten free available 2 for \$5.50)	\$1.50