



# 2022 CANTEEN MENU

Operating Hours: Wednesday, Thursday & Friday from 8:45am to 12:00pm

## Hot Food

Fried Rice (V/HM)	\$3.00
Curly Pasta (V/HM)	\$3.50
Butter Chicken & Rice (HM)	\$4.50
Mini Pie	\$1.50
Sausage Roll	\$3.50
Pizza (HM) (Choice of Hawaiian or BBQ Chicken)	\$3.50
Dino Snacks (4 pieces)	\$3.50
Chicken Burger (HM) (Lettuce, tomato, cheese & choice of sauce)	\$4.50
Hamburger (HM) (Lettuce, tomato, cheese & choice of sauce)	\$4.50
Chicken Fillet Wrap (HM) (Lettuce, tomato, carrot, cucumber & mayo)	\$5.00
Chicken Fillet with side salad (HM) (Lettuce, tomato, carrot, cucumber & mayo)	\$5.50
Sauce pod (extra)	\$0.20

## Wraps

Full Wrap \$4.50 (HM)    ½ Wrap \$2.50 (HM)
Ham Salad
Chicken Salad
Cheese Salad (V)

## Salad

Salad Tub (HM) (Choice of Chicken, Ham, Egg, Cheese)	\$5.00
Small Salad (HM)	\$2.00
Fruit Salad Tub (HM) (Seasonal fruits)	\$2.50
Fruit Salad Cup (HM)	\$1.50
Yoghurt (extra) (HM)	\$0.50

## Sandwiches and Rolls (Roll - extra \$1.00)

Vegemite / Jam / Honey (V/HM)	\$2.00
Cheese (V/HM)	\$2.50
Ham (HM)	\$2.50
Ham, Cheese (HM)	\$3.50
Ham, Cheese, Tomato (HM)	\$4.00
Ham, Salad (HM)	\$4.50
Chicken (HM)	\$2.50
Chicken, Cheese (HM)	\$3.50
Chicken, Cheese, Tomato (HM)	\$4.00
Chicken, Salad (HM)	\$4.50
Egg (V/HM)	\$2.50
Egg, Lettuce (V/HM)	\$3.00
Salad (V/HM)	\$3.50
Salad, Cheese (V/HM)	\$4.00
Buttered Roll (V/HM)	\$1.50

## Drinks

Milk Plain	\$1.00
Flavoured Milk (Choice of Chocolate or Strawberry)	\$2.50
Up & Go (Choice of Chocolate or Vanilla)	\$2.00
Spring Water 250ml	\$1.00
600ml	\$1.50
Juice Popper (Choice of Apple, Apple & Blackcurrant, Orange or Paradise Punch)	\$1.60

## Meal Deal \$6.00

(Deal of the Week will be in our Friday Newsletter)

Includes Lunch, Drink, Snack and a Prize.



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## Snacks

Seasonal Fruit	\$1.00
Popcorn	\$0.50
Vege Sticks with Cheese (HM)	\$1.50
Yoghurt	\$1.00
Yoghurt Cup with Strawberries (Only available when in season)	\$1.50
Cereal Snacks	\$0.50
Grain Waves Chips (Sour Cream & Chives Flavoured)	\$1.60

## Frozen

Frozen Pineapple Rings	\$0.50
Quelch Sticks (Choice of Strawberry, Raspberry, Apple or Apple & Blackcurrant)	\$0.60
Vanilla Slice (Icecream)	\$1.00

(V) = Vegetarian (HM) = Homemade

The Lunchbox Canteen Menu complies with the NSW Healthy Canteen Strategy consisting of foods with >80% of the menu 5 Star Health Rating and <20% 3½ Star Rating or above.

The Lunchbox Canteen is proudly operated by Ballina Public School P & C Committee.

Canteen Manager: Alison Mann

Volunteers are always welcome, no experience required. Contact Alison on 6686 2205 or 0400 651 440.