



Lalor East Primary School 4976

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To order: Brown paper bag, print your child's name and grade, followed by their lunch order. If you can't provide a paper bag please place in envelope and I will provide one for you..
No tape or staples please, folding the lunch bags generally keeps the money safe.

ALL MEALS AND RECEPIES ARE APPROVED BY NUTRITION AUSTRALIA

Sandwiches....

Choose a Wholemeal, Multi grain, Rye or White Sandwich with a selection of fillings including:

Ham.....	3.00
Salad...(lettuce, tomato and grated carrot)	3.00
Tuna.....	3.00
Roasted skinless chicken.....	3.00
Cheese.....	2.50
Vegemite.....	2.00
Cheese & Tomato.....	2.50
Cheese & Lettuce.....	2.50
Cheese & Vegemite.....	2.50
Egg & Lettuce.....	3.00
Ham & Cheese.....	3.50
Ham, Cheese & Tomato.....	3.80
Chicken, Lettuce & Mayo.....	3.50
Ham & Salad.....	4.00
Tuna & Salad.....	4.00
Chicken & Salad.....	4.00
Roll or Wrap.....additional	0.50



Good Warmed Options....

Fried Rice.....	4.00
(H) Sweet Chilli Chicken Wrap.....	3.80
(with lettuce and mayo)	
(H) Chicken Burger (with lettuce & mayo).....	4.00
(H) Hamburger (with lettuce & tomato sauce).....	4.00
Fish Finger Burger with lettuce/mayo.....	4.00
Sweet & Sour Chicken with Rice.....	4.00
Butter Chicken with Rice.....	4.00
Spaghetti Bolognese (97% Fat Free).....	4.00
Macaroni Cheese (97% Fat Free).....	4.00
Stir Fry Beef Hokkien Noodles Oyster Sauce.....	4.00
<u>Pizza</u> – (97% Fat Free)	
(Hawaiian or Margarita).....	3.80
Corn on the Cob.....	1.40
Smile Nugget Dinner.....	4.00
(2 nuggets, 2 potato smiles, corn and broccoli)	
Spaghetti Napoli (vegetarian)	4.00
Spinach & Ricotta Cannelloni	4.00

Jaffles....

Cheese.....	3.20
Cheese & Tomato.....	3.50
Baked Beans or Spaghetti.....	3.50
Ham & Cheese.....	3.50
Ham, Cheese & Tomato.....	4.00



Available only Wednesdays

Alternate Warmed Selection...

(H) Steamed Dim Sims	1.00
(H) Chicken Nuggets	3 for 3.00 of 6 for 5.00
Pie (homemade)	3.80
(H) Pie (homemade)	4.00
Sausage roll (homemade)	3.50
(H) Sausage roll (homemade)	4.00
Chicken burrito wrap	4.00
Skinless chicken drumstick in honey soy (homemade).....	3.00
Bag of wedges (oven baked)	4.00
Sauces Tomato, Mustard or BBQ	0.20

Healthy Choice Snacks....

Fresh Fruit	1.00
Boiled Egg.....	1.00
JJs Snacks.....	1.50
Fruit Salad.....	3.00
Box of sultanas	0.80
Namee Noodles	1.00
Cup of mixed berries	3.00
Frozen pineapple	0.80
Frozen orange 1/2.....	0.80



Drinks and Frozen Treats...

Natural Spring Water.....	2.50
Quench Blue Heaven, Apple or Orange Crush...	2.50
Fruit Box- 250ml Apple, Orange	2.50
Big M Chocolate or Strawberry.....	2.50
Milkshakes Chocolate or Strawberry.....	3.00
Frozen Juice Cups 100%	1.50
Frozen Yogurt Strawberry & Mango.....	2.00
Slush puppie (apple juice based).....	2.50
(berry,lemon lime or grape).....	large 3.50
Hot Chocolate.....	2.50
Paddle Pop Banana, Rainbow or Chocolate.....	1.50
Calippo Mini-Strawberry or Pineapple.....	1.50