



PATTERSON LAKES PRIMARY CANTEEN MENU

Open Monday, Thursday, Friday

Lunch Orders Must Be Online www.munchmonitors.com

HEARTY HOT FOOD

| | | |
|--|--------|------|
| Lasagna 97% fat free | \$4.20 | ☺☺☺ |
| Macaroni Cheese 97% fat free | \$4.20 | ☺☺☺ |
| Chicken Fried Rice | \$4.20 | ☺☺☺ |
| Dim Sims Steamed | \$1.00 | ☺☺☺ |
| Hot Noodles Chicken or Beef | \$3.00 | ☺☺ |
| Chicken crumbed tender | \$2.00 | ☺☺GF |
| Hot Dog | \$3.60 | ☺☺ |
| Beef Burger with Lettuce and Sauce | \$4.20 | ☺☺☺ |
| Chicken Burger with Lettuce & Low Fat Mayo | \$4.20 | ☺☺☺ |
| Gluten Free Hot Dog (no roll) | \$3.00 | ☺☺GF |
| Chicken Breast Nugget - Bag of 3 | \$3.00 | ☺☺ |
| Chicken Breast Nugget - Bag of 6 | \$5.00 | ☺☺ |
| Corn Cobbette | \$1.00 | ☺☺☺ |
| 100% Vegetable Pastie | \$4.20 | ☺☺ V |
| Good Eating Beef Pie | \$4.20 | ☺☺ |
| Good Eating Sausage Roll | \$3.20 | ☺☺ |
| Good Eating Potato Top Pie | \$4.20 | ☺☺ |
| Good Eating Snack Party Pie | \$1.00 | ☺☺ |

All pies heart foundation approved, low GL, reduced fat

TASTY JAFFLES

| | | |
|-----------------------|--------|-------|
| Baked Bean and Cheese | \$3.40 | ☺☺☺ V |
| Spaghetti | \$3.00 | ☺☺☺ V |
| Cheese | \$3.00 | ☺☺☺ V |
| Ham and Cheese | \$4.00 | ☺☺☺ |

You can only order online through Munch Monitor

www.munchmonitors.com

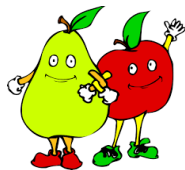


Login to MunchMonitor

SPECIAL SNACKS

| | | |
|--|--------|-------|
| Cobs popcorn, Sea Salt or Slightly Sweet | \$1.50 | ☺☺GF |
| JJ's Chicken Crackers | \$1.50 | ☺☺ |
| Red Rock Chips Honey/Soy | \$1.50 | ☺☺ |
| Chips Sea Salt | \$1.50 | ☺☺GF |
| Home Style Cookies | \$2.00 | ☺☺ |
| Gingerbread | \$1.50 | ☺☺ |
| Ovalteenies | \$1.20 | ☺☺ |
| Homemade Mini Muffin | \$0.80 | ☺☺ |
| Veggie Cup with Dip | \$2.00 | ☺☺☺GF |
| Seasonal Fruit Salad Cup | \$2.00 | ☺☺☺GF |

- ☺☺☺ Every Day Foods
- ☺☺ Select Carefully foods
- V Denotes Vegetarian
- GF Denotes Gluten Free.



PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

SUPER SANDWICHES AND SALADS

| | | Sandwich | |
|---|---------------|----------|-------|
| Vegemite | \$2.10 | | ☺☺☺ V |
| Cheese | \$2.30 | | ☺☺☺ V |
| Ham (97% fat free) | \$3.00 | | ☺☺ |
| Ham (97% fat free) and Salad | \$4.00 | | ☺☺ |
| Ham & Cheese | \$3.50 | | ☺☺ |
| Tuna & Salad | \$4.00 | | ☺☺☺ |
| Roast Chicken | \$3.50 | | ☺☺☺ |
| Roast Chicken & Salad | \$4.50 | | ☺☺☺ |
| Fresh Salad (lettuce,cucumber,tomato,carrot) | \$3.50 | | ☺☺☺ V |
| Egg & Lettuce | \$2.80 | | ☺☺☺ V |
| Rolls or Wraps extra | \$0.60 | | |
| All sandwiches on wholemeal bread | | | |
| Wholegrain bread available on request | | | |
| FRESH MADE SALAD BOXES | | | |
| Mixed Salad (lettuce,cucumber,tomato,cheese,carrot) | \$4.50 | Regular | ☺☺☺GF |
| Add beetroot | \$0.50 | | |
| Add egg | \$0.50 | | |
| Add Tuna, chicken or ham | \$1.00 | | |

EXTRAS

| | | |
|--------------------|---------------|----|
| Salad Dressing Tub | \$0.50 | ☺☺ |
| Tomato Sauce | \$0.30 | ☺☺ |
| LUNCH BAGS | \$0.20 | |

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

DRINKS

| | | |
|--|---------------|--------------|
| 600ml Water | \$2.00 | ☺☺☺GF |
| 250ml Milk (Low Fat) | \$2.50 | ☺☺☺GF |
| Chocolate, Strawberry | | |
| 100% Fruit Juice 250ml | \$2.50 | ☺☺☺GF |
| Orange or Apple | | |
| Aqua Fruits Flavoured Springwater | \$2.50 | ☺☺GF |
| Cola, Blue Heaven or Apple Raspberry | | |

FROZEN TREATS

| | | |
|--|--------|-------|
| Frozen 100% Juice Tubes | \$1.20 | ☺☺☺GF |
| Frozen Skim Milk Tubes | \$1.50 | ☺☺☺GF |
| Chocolate or Blue | | |
| Frozen Pineapple, Watermelon or Orange Slice | \$0.60 | ☺☺☺GF |
| Frozen Yoghurt Tubes Strawberry | \$2.20 | ☺☺☺GF |
| Streets Choc Shake Cup | \$2.20 | ☺☺ |
| Streets Paddle Pop | \$2.00 | ☺☺ |

EVERYDAY SPECIAL LUNCH PACK

| | | |
|----------------|--------|-----|
| Salad Sandwich | | |
| Slice of Fruit | \$5.50 | ☺☺☺ |
| Mini Muffin | | |
| Water | | |

TRY OUR EVERYDAY HEALTHY LUNCH PACK