

**PATTERSON LAKES PRIMARY SCHOOL CANTEEN MENU 2017**

**YUMMY TUMMY HOT FOOD**

Lasagna 97% fat free	\$4.20	☺☺☺
Macaroni/Cheese 97% fat free	\$4.20	☺☺☺V
Fried Rice	\$4.20	☺☺☺
Dim Sims Steamed (Low Sodium)	\$1.00	☺☺☺
Chicken crumbed tender	\$1.80	☺☺GF
Hot Noodles Chicken or Beef	\$3.00	☺☺
Pizza Slab Ham&Pine or Margherita	\$4.20	☺☺
Hot Dog Lite	\$3.60	☺☺
Beef Burger with Lettuce and Sauce	\$4.20	☺☺☺
Chicken Burger with Lettuce & Low Fat		
Mayonnaise	\$4.20	☺☺☺
<b>Gluten Free</b> Hot Dog (no roll)	\$3.00	☺☺GF

**TASTY JAFFLES**

Baked Bean & Cheese	\$3.20	☺☺☺V
Spaghetti	\$2.80	☺☺☺V
Cheese	\$2.80	☺☺☺V
Ham (97% Fat Free & Cheese (Lite)	\$3.70	☺☺☺

**MRS MACS GOOD EATING RANGE**

Heart Foundation Approved, Reduced Fat, Low GI, No Added MSG  
No Added Preservatives, or Artificial Colours

100% Vegetable Pastie	\$4.00	☺☺ V
Beef Pie	\$4.00	☺☺
Sausage Roll	\$3.00	☺☺
Potato Top Pie	\$4.00	☺☺
<b>Tomato Sauce</b>	\$0.30	☺☺

**SNACKS**

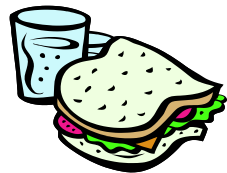
Cobs Popcorn Sea Salt or Slightly Sweet	\$1.50	☺☺GF
JJ's Chicken Crackers	\$1.50	☺☺
Red Rock Chips Honey/Soy	\$1.50	☺☺
Red Rock Chips Sea Salt	\$1.50	☺☺GF
Go Cookies	\$1.00	☺☺

**TERM 1 & 4 ONLY**

Fruit Salad Tub	\$3.00	☺☺☺VGF
Frozen Watermelon Wedge	\$0.60	☺☺☺GF

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

**OPEN MON, THUR & FRI**



\*\*\*\*\*LUNCHES MUST BE ORDERED ONLINE\*\*\*\*\*

[www.munchmonitor.com](http://www.munchmonitor.com)

*Please be aware food items may contain nuts, traces of nuts, nut products or processed on the same equipment that has processed nut products.*

**SUPER SANDWICHES, ROLLS & WRAPS**

All sandwiches made from wholemeal, multigrain and white bread

		<b>Roll or</b>		
		<b>Sandwich</b>	<b>Wrap</b>	
Vegemite	\$2.20	\$2.80		☺☺☺ V
Cheese	\$2.40	\$3.00		☺☺☺ V
Egg & Lettuce	\$2.80	\$3.20		☺☺☺ V
Ham (97% fat free)	\$3.00	\$3.70		☺☺
Ham (97% fat free) & Salad	\$4.00	\$4.70		☺☺☺
Roast Chicken	\$3.50	\$4.20		☺☺☺
				☺☺☺
Roast Chicken & Salad	\$4.50	\$5.10		
Salad (Lettuce,Cheese, Tomato, Beetroot, Carrot &	\$3.60	\$4.20		☺☺☺ V
<b>JUMBO</b> Chicken Wrap - 2 Chicken Tenders, Lettuce Lite Slice		\$6.30		☺☺☺
Cheese & Salsa				
Sweet Chilli Twister Wrap- 2 Chicken Tenders, Lettuce, Tomato, Sweet		\$6.30		☺☺☺
Chilli Sauce & Lite Mayo				

**If your child has any food allergies please mark very clearly on lunch bag**

**SALAD PACKS**

Salad Box (Standard) Lettuce, Cucumber, Tomato, Cheese, Carrot, Beetroot and Egg	\$6.60	☺☺☺ V
		<b>GF</b>
Salad Box (Deluxe)	\$7.60	☺☺☺ V
All Of The Above + Ham or Chicken		<b>GF</b>

**EXTRAS**

Salad Dressing	\$0.50	☺☺
Tomato Sauce	\$0.30	☺☺
Lunch Bags	\$0.10	

**DRINKS**

600ml Water	\$2.00	☺☺☺GF
250ml Milk (Low Fat)	\$2.50	☺☺☺GF
Chocolate, Strawberry		
100% Fruit Juice 250ml	\$2.50	☺☺☺GF
Orange, Apple or Tropical		
Aqua Fruits Flavoured Springwater	\$0.00	☺☺GF
Cola, Blue Heaven or Apple Raspberry		

**FROZEN TREATS AND SNACKS**

Frozen 100% Juice Tubes	\$1.20	☺☺☺GF
<b>Frozen Skim Milk Tubes</b>		
Chocolate & Bubblegum	\$1.50	☺☺☺GF
Frozen Pineapple UFO's	\$0.60	☺☺☺GF
Frozen Yoghurt Tubs Strawberry	\$2.20	☺☺☺GF
Streets Choc Shake Cup	\$2.20	☺☺
Streets Paddle Pop	\$1.80	☺☺