



WINTER MENU

Lakelands Primary Canteen, operates under the West Australian Government's Traffic Light System. This means our menu meets the Department of Education's Policy and Standards for food and drinks sold in the school canteen.

The Traffic Light System: Eat healthy, eat nutritional meals each day.

GREEN: GO GO GO! Choose Green for yourself, make the right choice and stay healthy.

AMBER: GO SLOW and choose wisely, consume in moderation!

RED: Stay AWAY and avoid as much as possible.

HEALTHY CHOICE and SNACK TIME

Wraps 8" Tortilla Wrap @ \$4.00 ea. (Primary School)

- Roast Chicken, Grated Cheese & Lettuce
- Ham, Grated Cheese & Lettuce
- Chicken Fingers, Grated Cheese & Lettuce

Rolls, Brioche Gourmet Roll 115g

- Hot Dog (American Style Vienna in a Brioche Roll with a portion of Tomato Sauce) @ \$4.50

Snack Packs @ \$4.50

- Mini Wrap (chicken, lettuce, grated carrots), mini muffin, fruit cup
- Pikelets x 2, nippy frozen drink, veggie cup & hommus

Toasted Sandwiches

- Cheese @ \$3.00
- Cheese & Tomato @ \$3.50 ea.
- Curried Egg & Mayo @ \$4.00 ea.
- Ham @ \$4.00
- Ham & Cheese @ \$4.50
- Ham, Cheese & Tomato @ \$5.00 ea.
- Chicken Mayo & Cheese @ \$5.00 ea.
- Chicken Mayo @ \$4.50 ea.

Fresh Sandwiches

- Cheese & Salad @ \$4.00 ea.
- Ham, Cheese & Salad @ \$4.50 ea.
- Chicken & Salad @ \$5.00 ea.
- Salad (Lettuce, Cucumber, Tomato & Grated Carrots) @ \$3.00
- Vegemite @ \$2.50 ea.
- Jam @ \$2.00 ea.

WARM FUZZY MEALS

MONDAY (Pizza, Fish & Chips DAY!)

- 6" Hawaiian Pizza @ \$4.00
- 6" Margarita Pizza @ \$4.00
- 6" Ham Pizza @ \$4.00
- Fish Fingers & Chips @ \$4.00

TUESDAY (Soup DAY)

- Chicken & Corn Soup 280ml @ \$4.50
- Freshly Baked WM Bread Roll @ \$1.00 ea.
- Portion of Butter @ \$0.50 ea.

WEDNESDAY (Chicken & Pasta DAY!)

- Chicken Goujons @ \$0.50 ea.
- Chicken Nuggets @ \$0.75 ea.
- CHIPS 100g Oven-Baked @ \$2.00 ea.
- AC Spaghetti Bolognese 200g @ \$5.50 ea.
- Chicken Mac & Cheese 250g \$5.50 ea.
- Chicken Fried Rice 300g @ \$6.50 ea.
- Traditional Fried Rice 200g @ \$5.50 ea.
- AC Butter Chicken GF 200g @ \$5.50

THURSDAY (Burger DAY)

- SCC Burger (Sweet Chilli Chicken, Tomato, Cheese, and Coleslaw dressed in Sweet Chilli Mayonnaise) @ \$6.50 ea.
- Beef Burger (Beef Patty, Tomato Pickles, Cheese and Lettuce dressed with burger sauce.) @ \$6.50 ea.
- Hot Dog (American Style Vienna in a Brioche Roll with a portion of Tomato Sauce) @ \$4.50

FRIDAY (Pie DAY!)

- Sausage Roll 60g @ \$2.00
- Sausage Roll 120g @ \$4.00
- Beef Travellers Pie 160g @ \$5.00
- Spinach Ricotta Roll 140g @ \$5.00

SAUCE PORTIONS @ \$0.50c ea.

- Tomato sauce / Mustard sauce
- Balsamic Vinaigrette

HOT SNACKS

- Hash browns @ \$0.75 each

GLUTEN-FREE OPTIONS

Gluten-Free Toasted Sandwiches, add \$2.50

- Cheese @ \$5.50 ea.
- Ham & Cheese @ \$7.00 ea.
- Ham, Cheese & Tomato @ \$7.50 ea.
- Cheese & Tomato \$6.00 ea.
- Nacho Dippers 160g @ \$5.50 ea.
- GF American Hot Dog Sausage 7" @ \$3.00 ea.

Please ask the CANTEEN STAFF about all our Gluten-Free options.



Flavoured Milk

Nippy's Iced 250ml @ \$2.00

- Strawberry
- Chocolate

Nippy's Iced 375ml @ \$3.00

- Strawberry
- Chocolate
- Honeycomb
- Vanilla
- Banana

Brownes Flavoured Milk 300ml @ \$3.00

- Choc Chill
- Berry Chill
- Banana Chill



Juices & Carbonated Drinks

Sunraysia Juice Pouches 200ml @ \$2.50

- Apple
- Apple & Strawberry
- Tropical

Orange C 300ml @ \$2.50

Nippy's Juice Boxes 250ml @ \$2.00 ea.

- Apple
- Orange
- Apple & Blackcurrant



Snacks

Smith's Crisps 45g @ \$2.00 ea.

- Original
- Cheese & Onion
- Salt & Vinegar
- BBO
- Burger Rings
- Doritos



Frozen Treats

Nippy's Frozen Cups @ \$1.10 ea.

- Orange & Blackcurrant & Apple

Yoghurt Products

Frozen Yoghurt 120ml @ \$3.00 ea.

- Cookies & Cream
- Fairy Floss
- Bubblegum
- Choc Rumble

Yoghurt Pouches @ \$1.75 ea.

- Wiggles Pouches 90g (Vanilla or Strawberry)

