

LPS EATS MENU

SNACKS

Apple Slinky (E)	\$1.60
Seasonal Fruit (E)	\$1.60
Watermelon Cup (E)	\$2.10
Fruit Salad (E)	S \$2.10 L \$4.20
Lunchbox Popcorn (O)	\$0.60
Pikelet (E)	\$0.60
Carrot Sticks (E) (6)	\$1.10
Vege Sticks: carrots (3) cucumber (3) (E)	\$1.10
Yoghurt (E)	\$1.50
Ham & Cheese Roll (E)	\$3.00
Canteen-made Chocolate Muffin (O)	\$2.00
Chocolate Mousse GF (O)	\$2.10
Grainwaves	\$1.60
Sea Salt Chips	\$1.60

HOT MEALS

Cheesy Pasta Cup (E)	S \$1.10 L \$3.20
Chicken Nuggets (5) GF	\$4.20
Canteen-made Beef Pie	\$3.00
Sausage Roll (lean)	\$3.40
Chicken Burger (with lettuce)	\$4.20
Sauce (BBQ, Tomato, Sweet Chilli, Mayo)	
please nominate sauce or no sauce	
Garlic Bread	\$2.10
Ham & Cheese Pizza	\$5.30
Chicken & Cheese Pizza	\$5.30
Cheese Pizza	\$3.20
Sauce (BBQ, Tomato, Sweet Chilli)	
please nominate sauce or no sauce	

SANDWICHES

White or Wholemeal; Fresh or Toasted.

Sauces: BBQ, Tomato, Mayo, Sweet Chilli

Vegemite or Honey	\$2.10
Cheese	\$3.20
Ham	\$3.70
Egg & Lettuce	\$3.70
Chicken	\$4.20
Salad	\$5.30

EXTRAS

Wrap (Fresh or Toasted)	\$0.60
Gluten Free Bread	\$0.60
Cheese	\$0.60
Tomato	\$0.60
Ham	\$1.10
Chicken	\$1.60
Salad	\$2.70
Sauce portions (Tomato, BBQ)	\$0.60

SALAD TUBS

Includes: Lettuce, Cucumber,
Carrot, Tomato & Beetroot
Dressing Options: Mayo, Sweet Chilli

Salad	\$5.30
Cheese Salad	\$5.90
Ham Salad	\$6.40
Chicken Salad	\$6.90

DRINKS

Water (Large)	\$1.60
Just Juice 100% Popper	\$2.10
Paradise Punch or Apple Blackcurrant	
Juice Bombs	\$2.70
Watermelon or Apple Coola	
Chocolate Milk	\$3.00
Milk Cup	\$1.60
Hot Choc (Full Cream)	\$2.10

FROZEN

Frozen Orange (E)	\$0.20
Frozen Pineapple (E)	\$0.30
Icy Cup (E)	\$0.20
Quelch Stick Ice Block	\$0.80
TNT's (E)	\$1.20
Slushies (E)	\$2.00
Frozen Yoghurt: Strawberry (Yoplait Forme Zero Sugar)	\$1.50

E = Every Day O = Occasionally