

Hamburgers, Sausage Rolls at our canteen ??????

No way!

YES WAY, as of Monday the 10th of August these items and others will be available at our canteen. Please check out the new menu attached.

This menu has come together through the hard work of many staff, students and parents around the school. I'd like to thank all those involved in this process including a special mention to the school council for sanctioning these changes. A special thanks also to Miss Nash for her assistance with the menu preparation.

It is imperative for this menu to work efficiently and effectively that all students order their lunches before school. From this week on we will be serving lunch orders from inside the canteen for the first ten minutes of lunch time, casual sales will be taken at the external servery. Please **DO NOT** get in the main inside queue if you are not awaiting a lunch order during this time.

We ask all students/staff to abide by these rules and show your support to the canteen and the new offerings now available.

Happy Munching!!!!

Thanks,

Mrs Brown

LARA SECONDARY COLLEGE CANTEEN MENU 2009

THIS MENU IS COLOR CODED ACCORDING TO THE GOVERNMENT GUIDELINES

◆ Green = Everyday Food * Yellow = Occasional Food ● Red = Infrequent

RECESS (ALSO AVAILABLE AT LUNCH)

Toasted Sandwiches

◆	Cheese	\$2.00
◆	Ham and Cheese	\$2.20
◆	Cheese and Tomato	\$2.20
◆	Chicken and Cheese	\$2.50

*	Muffins	\$2.00
◆	Fruit Salad	\$2.00
*	Dim Sims (Available Mon/Wed/Fri)	3 for \$2.50 or \$1.00 each
◆	Cheese and Bacon Roll (Available Tues/Thurs)	\$2.00

LUNCH

Pita Wraps

◆	Your choice of Ham, Chicken, Salami, Tuna and Salad.	\$4.00
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Salad Boxes

◆	Plain Salad	\$3.00
◆	Greek Salad	\$3.50
◆	Caesar Salad	\$3.00
◆	With Chicken, Tuna ham or salami	add \$0.50

Sandwiches and Rolls

◆	Salad (No Meat)	\$3.30
◆	Meat and Salad	\$3.80
◆	Egg and Salad	\$3.40
◆	Chicken and Avocado	\$3.80
◆	Fillings (Extra)	\$0.40
◆	Avocado (extra)	\$0.60

*Other Combinations are available
for sandwiches, wraps and rolls
see canteen.*

HOT FOOD

◆	Hot Chicken Roll with gravy	\$3.50
◆	Lasagna/Ravioli	\$3.00
◆	Sweet Chilli Wrap	\$4.50

*	Pizza Muffin	\$2.50
*	Nachos (Salsa, sour cream and cheese)	\$3.50

Monday:	◆	Chicken Burger	\$3.50
Tuesday:	*	Hot Dogs	\$3.00
Wednesday:	*	Sausage Rolls	\$2.50
Thursday:	◆	Chicken Burger	\$3.50
	◆	Pasta Bake	\$3.00
Friday:	*	Dim Sims (Lunch)	3 for \$2.50 or \$1.00 each
	*	Hamburgers	\$4.50
	*	Sausage Rolls	\$2.50

SUNDRIES

*	Muffins	\$2.00	◆	Yoghurt	\$2.50
◆	Fruit Salad	\$2.00	*	Chips/Snacks	\$1.00
			*	Assorted Icy Poles from	\$0.60

DRINKS

*	Big M	Small	\$1.80	*	Berri Juice (400ml)	\$2.20
		Large	\$2.80	◆	Water (600ml)	\$1.00
◆	Flavoured Water		\$2.50	◆	Up and Go	\$1.80

ALL HOT FOOD IS TO BE ORDERED BEFORE SCHOOL

LUNCH ORDERS WILL ONLY BE ACCEPTED AT RECESS FOR SALAD RANGE ONLY