

Jells Park Primary School Canteen Menu 2019

Sandwiches...

Choose a Wholemeal or White

Sandwich with a selection of fillings including:

H Roasted Chicken	3.60
V Cheese	2.80
V Vegemite	2.80
V Cheese & Vegemite	3.00
V Cheese & Tomato	3.20
Ham & Cheese	3.40
V Egg & Lettuce	3.50
Ham , Cheese & Tomato	3.60
H Chicken, Lettuce & Mayo	4.00
Tuna & Salad	4.00
Roll or Wrap	add 0.50
V <u>Salad Plate</u> - includes Lettuce, Tomato,	
Carrot & Cheese	5.50
with Ham or Tuna	6.00
with Chicken	6.00

Jaffles...

V Cheese	3.00
V Cheese & Tomato	3.40
V Baked Beans or Spaghetti	2.80
Ham & Cheese	3.60
Ham, Cheese & Tomato	3.80
Roll or Wrap	add 0.50

Healthy Choice Snacks...

V Fresh Fruit in season	<i>from</i> 1.00
V Carrot Sticks	1.00
Homemade Muffins	1.50
Homemade Chocolate Balls (Large)	1.00
Homemade Giant Cookies	1.50
Zucchini Slice (Bacon, ricotta and Cheese)	3.00
V Potato Wedges	1.00
Popcorn	1.50
Gingerbread People	1.80
Fresh Yoghurt Cup	1.20
V Fresh Fruit Salad Cup	1.80

Other Choice Snacks...

H Mamme Chicken Noodle Snack	1.00
H Mamme Corntos	1.20
H JJs Snacks	1.50

Reminders

For Lunch orders not ordered online, please place money in a lunch bag with your child's name, class at the top.

If your child has an allergy please write in Red "Allergy" at top of bag.

Good Warmed Options...

V Pizza - Margarita	4.40
Pizza - Hawaiian	4.40
Fried Rice	4.50
Pasta Bolognese	4.50
Pasta with Napoli sauce	4.50
Lasagne	4.50
V Macaroni Cheese	4.50
Lamb Souvlaki Wrap (Low fat)	4.60

Alternate Warmed Selection...

V Corn on the Cob	1.00
Dim Sim (Steamed)	1.00
Pork & Vegetable Dumpling x 3 (Steamed)	2.50
H Chicken Nuggets (oven baked) x 3	2.20
Noodles Beef / Chicken	3.50
Hot Dog (Low fat)	3.50
Hot Dog (Low fat) with Cheese	3.70
Party Pie - Light	1.40
Sausage Roll	3.40
Meat Pie	3.80
H,V Pastizzis Spinach and Ricotta Cheese	4.50
V Nachos	4.00
H Hot Chicken Roll	4.40
Beef Burger with tomato & lettuce	4.40
H Chicken Burger with lettuce & mayo	4.40
H Sweet Chilli Chicken Wrap with lettuce & mayo	4.40
Fish Finger Wrap with lettuce & Mayo	4.40

Sushi Rolls Order On Qkr & Wednesday Only

Teriyaki Chicken	3.80
Cooked Tuna	3.80
V Vegetarian	3.70

Drinks and Frozen Treats...

Water	1.60
Just Juice - 100% Apple, Orange & Apple / Blackcurrant	2.00
Big M Milk - Chocolate or Strawberry	2.40
Hot Chocolate	1.50
Focus Flavoured Water	2.40
Jelly Cup	1.20
Quelch Frozen Tubes (99% Fruit Juice)	0.80
Icy Twist	1.40
Moosies	1.50
Mini Calippo	1.40
Paddle Pop	1.70
V Frozen Peach	0.50
V Frozen Pineapple Ring	0.50
Frozen Juice Cup	1.20
V Frozen Fruit Salad Cups	1.80
Frozen Yoghurt Cups	1.20

Miscellaneous

Tomato Sauce Portions	0.30
Soy Sauce Portions	0.20

V- Vegetarian
H- Halal