



# Summer Menu

Lakelands Primary School operates under the West Australian Government's Traffic Light System. This means that 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		DRINKS & SNACKS				
<p style="text-align: center;"><b>Snack Packs @ \$4.50</b></p> <p style="text-align: center;">Mini Wrap (chicken, lettuce, grated carrots), mini muffin, fruit cup) Pikelets x 2, nippy frozen drink, veggie cup &amp; hommus GF Bento Box ((Crepe Crisps, Fruit in Season, Veggie Sticks &amp; Popcorn)</p> <p style="text-align: center;"><b>Salad @ \$4.50 or \$6.50 ea.</b></p> <p style="text-align: center;">Basic Garden Salad (small or large) Greek Garden Salad (small or large) Chicken Caesar Salad (small or large) Sweet Chili Chicken Salad (small or large)</p> <p style="text-align: center;"><b>Panini (Turkish Roll 130g filled with...) Half @ \$3.50 or Full @ \$6.50 ea.</b></p> <p style="text-align: center;">Yoris (Teriyaki) Chicken, Cheese, Tomato, Spinach leaves, Caramelized Onion, Pesto Roast Chicken, Cheese, Tomato, Spinach leaves, Caramelized Onion Roast Beef, Tomato, Spinach leaves, Cheese &amp; Gravy Ham, Cheese &amp; Caramelised Onion</p> <p style="text-align: center;"><b>Wraps 10" Tortilla Wrap @ \$6.50 ea.</b></p> <p style="text-align: center;">Chicken &amp; Salad Ham &amp; Salad Sweet Chilli Chicken &amp; Salad BLT</p> <p style="text-align: center;"><b>Wraps 8" Tortilla Wrap @ \$4.00 ea.</b></p> <p style="text-align: center;">Roast Chicken, Grated Cheese &amp; Lettuce Ham, Grated Cheese &amp; Lettuce Chicken Fingers, Grated Cheese &amp; Lettuce</p> <p style="text-align: center;"><b>Sandwiches or Toasties (from \$2.00 - \$6.00 ea.)</b> <b>Please stipulate – a fresh sandwich or a toasted sandwich</b></p> <p style="text-align: center;">Cheese Curried Egg &amp; Mayo Roast Beef, Mayo, Tomato, Caramelized Onion Ham Ham &amp; Cheese Ham, Cheese &amp; Tomato Chicken Mayo &amp; Cheese Chicken Mayo Vegemite Jam</p> <p style="text-align: center;"><b>Gluten-Free Toasted Sandwiches, add \$2.50</b></p> <p style="text-align: center;">Cheese Ham &amp; Cheese Ham, Cheese &amp; Tomato Cheese &amp; Tomato</p> <p style="text-align: center;">Nacho Dippers 160g @ \$5.50 ea. Please ask the CANTEEN STAFF about all our Gluten-Free options.</p>		<p style="text-align: center;"><b>Flavoured Milk @ \$2.00 or \$2.25 ea.</b></p> <p style="text-align: center;">Nippy's Iced Strawberry 250ml Nippy's Iced Chocolate 250ml Nippy's Iced Coffee 250ml</p> <p style="text-align: center;"><b>Iced Tea @ \$3.50 ea.</b></p> <p style="text-align: center;">Raspberry, Peach, Lemon, Mango &amp; Passionfruit</p> <p style="text-align: center;"><b>Cookies @ \$3.00 ea. - Giant Round Cookies</b></p> <p style="text-align: center;"><b>Smith's Crisps @ \$2.00 ea.</b> Original, Cheese &amp; Onion, Salt &amp; Vinegar, BBQ, Burger Rings</p> <p style="text-align: center;"><b>Smith's Crisps @ \$2.50 ea.</b> Red Rock Sweet Chilli, Red Rock Honey Soy, Red Rock Balsamic Vinegar</p> <p style="text-align: center;"><b>Moosies 85g @ \$2.00 ea.</b> Lime, Chocolate, Strawberry, Blue Moon</p> <p style="text-align: center;"><b>Juicies 105ml @ \$2.00 ea.</b> Wildberry, Lemonade, Tropical, Orange</p>			<p style="text-align: center;"><b>Juice Bomb 250ml @ \$2.50</b></p> <p style="text-align: center;">Watermelon, Grape, Apple &amp; Blackcurrant, Apple &amp; Raspberry, Lemonade, Orange &amp; Passion</p> <p style="text-align: center;"><b>Juice Pouches 200ml @ \$2.50</b></p> <p style="text-align: center;">Apple, Apple &amp; Mango, Apple &amp; Strawberry Apple &amp; Blackcurrant, Tropical</p> <p style="text-align: center;"><b>Orange C 300ml @ \$3.00</b> <b>Orange C 600ml @ \$4.50</b></p> <p style="text-align: center;"><b>Dairy</b></p> <p style="text-align: center;"><b>Flavoured Milk 300ml @ \$3.00</b> Mocha Chill, Choc Chill, Berry Chill, Banana Chill</p> <p style="text-align: center;"><b>Yoghurt @ \$1.75 ea.</b> Wiggles Pouches 90g</p> <p style="text-align: center;"><b>Frozen Yoghurt 120ml @ \$3.00 ea.</b></p> <p style="text-align: center;">Cookies &amp; Cream, Razzle Dazzle, Gooley Marshmallow, Fairy Floss, Caramelised Popcorn Mango (Lactose-Free) Tropicana (Lactose Free)</p> <p style="text-align: center;"><b>Nippy's Juice Boxes 250ml @ \$2.00 ea.</b> Apple, Orange, Apple &amp; Blackcurrant</p>	
		<h2 style="color: #008080;">HOT MEALS</h2> <p style="text-align: center;">Potato Gems @ \$2.00 100g portion Hash browns @ \$1.00 each</p> <p style="text-align: center;">Meatball Sub (Meatballs in Napolitano Sauce within a Brioche Roll with grated cheese &amp; corn on top) @ \$6.50</p> <p style="text-align: center;">Hot Dog (American Style Vienna in a Brioche Roll with a portion of Tomato Sauce) @ \$4.50</p>				
<h3 style="color: #008080;">MONDAY (Pizza DAY!)</h3> <p style="text-align: center;">6" Hawaiian Pizza @ \$4.00 6" Margarita Pizza @ \$4.00 6" Pepperoni Pizza @ \$4.00 6" Ham Pizza @ \$4.00</p> <p style="text-align: center;">Fish 100g portion @ \$4.00 ea. POTATO GEMS 100g portion @ \$2.00 ea.</p> <p style="text-align: center;">CHIPS 100g portion Oven-Baked @ \$2.00 ea.</p> <p style="text-align: center;">Loaded POTATO GEMS 100g (Bacon Bits &amp; Cheese) @ \$3.00 ea.</p>	<h3 style="color: #008080;">TUESDAY (Sushi DAY!)</h3> <p style="text-align: center;"><u>Onigiri (Triangle Rice Ball)</u> <u>@ \$4.00 ea.</u> Cooked Tuna GF Teriyaki Chicken Katsu Chicken</p> <p style="text-align: center;"><u>Sushi 4pcs @ \$5.00 ea.</u> Cooked Tuna Teriyaki Chicken Katsu Chicken California Vegetable</p>	<h3 style="color: #008080;">WEDNESDAY (Chicken DAY!)</h3> <p style="text-align: center;">Chicken Goujons @ \$0.50 ea. Chicken Nuggets @ \$0.75 ea. Chicken Dinosaurs @ \$0.75 ea.</p> <p style="text-align: center;">AC Butter Chicken GF 200g @ \$5.00</p> <p style="text-align: center;">POTATO GEMS 100g portion @ \$2.00</p> <p style="text-align: center;">Chicken Parm 100g portion @ \$5.00 ea.</p> <p style="text-align: center;">CHIPS 100g Oven-Baked @ \$2.00 ea. Loaded POTATO GEMS 100g (Bacon Bits &amp; Grated Cheese) @ \$3.00 ea.</p>	<h3 style="color: #008080;">THURSDAY (Pasta Day!)</h3> <p style="text-align: center;">AC Spaghetti Bolognese 200g @ \$5.50 AC Nacho Bolognese 160g GF @ \$5.50 Enrico's Spaghetti &amp; Meatballs 200g @ \$5.50 AC Beef Lasagne 200g @ \$5.50 ea. AC Twista Pasta 200g @ \$5.50 ea. Creamy Chicken Mac &amp; Cheese 220g @ \$5.00</p>	<h3 style="color: #008080;">FRIDAY (Pie DAY!)</h3> <p style="text-align: center;">Sausage Roll 60g @ \$2.00 Sausage Roll 120g @ \$4.00 Round Beef Pie 160g @ \$5.00 Beef Travellers Pie 160g @ \$5.00 Traditional Vegetable Pastie 165g @ \$5.00 Traditional Beef Pastie 165g @ \$5.00 Spinach Ricotta Roll 140g @ \$5.00</p> <p style="text-align: center;"><b>SAUCE PORTIONS @ \$0.50c ea.</b> Tomato sauce / Mustard sauce Balsamic Vinaigrette Aioli Sauce</p>		