

# Truganina P-9 College

## Lunch Order Menu

JULY 2018

From The Deli Bar Fridge	\$	From The Hot Food Bar	
Seasonal Fresh Fruit (Banana or Apple) (V)	1.00	Lunch and Recess Menu	
Fruit Salad (Made Fresh Daily) (V)	3.00	Steamed Dim Sim	1.00
Yoghurt Cup (with Raspberry or Passion and muesli) (V)	3.70	Ham & Cheese or Tomato and Cheese Pocket	3.50
Toast with Choice of Spreads (Vegemite, Jam) (Available for Before school Only)	1.00	Sweet Chili Chicken Tender (each) (H)	2.30
Sushi Rolls (Vegetarian, Chicken & Tuna) (H)	2.60	Lettuce and Mayo Sweet Chili Chicken Tender Wrap (H)	4.50
Fruit Pure (V)	1.50	Roast Chicken and Cheese with BBQ sauce Wrap (H)	4.50
Cereal Bowl (Available before school only) (V)	1.50	Vegetarian Spring Rolls (V)	3.00
<b>Freshly-Made sandwiches</b> \$1.00 Extra For Rolls. Toasting Available.		Devil Wings (2 per cup)(H)	3.70
Cheese & Tomato (V)	3.50	Potato Gems (V)	3.30
Ham & Cheese	3.50	Oven Baked Wedges (V)	3.30
Ham, Cheese & Tomato	4.00	Snack size Sausage Roll	2.30
Salad (Lettuce, Tomato, Carrot, Cucumber, & Mayo) (V)	4.30	Homemade Sausage Roll	4.00
Egg & Lettuce/Spinach (V)	4.00	Four n Twenty Traveller Pie	3.70
Cheese & Salad (V)	4.50	Chicken/ Beef Burger (H) (with lettuce)	4.50
Roast Chicken & Salad (H)	4.50	Chicken Strip Roll (H)	5.50
Ham & Salad	4.50	Homemade Pizza (Margherita (V) or BBQ Chicken (H))	4.00
Gourmet Wraps (Chicken and Salad (H), Cheese and Salad or Ham and Salad)	5.50	Penne Pasta with Napoli (V) or Bolognese sauce (H)	4.50
		Bolognese Lasagne (H)	5.50
		Mediterranean Vegetable, Tandoori or BBQ Chicken Panini (H)	5.50
		Lamb (H) or Spinach Pide (V)	5.50
<b>Drinks</b>		<b>Daily Specials</b>	
Pop Top (Water)	2.50	Monday – Chicken Parma Wrap (H)	5.50
Up and Go	3.20	Tuesday – Beef or vegetarian Nachos (H)	5.50
Oak- 300ml (Vanilla or Strawberry)	2.60	Wednesday – Chicken Souvlaki(H)	5.50
Oak – 600ml (Vanilla or Strawberry)	3.60	Thursday – Vegetarian Fried Rice (V)	5.00
Bottled Water (600ml)	2.50	Friday – Fish and Chips (H)	5.50
Iced Tea 500ml Bottle	3.70		
Orange Juice – 350ml Bottle	3.50		
Lightly Sparkling Water (Natural or Berry)	3.00		
<b>Items Available for Sale at the Canteen Only during Recess and Lunch</b>		<b>Items available for purchase at the Canteen for Breakfast and Recess</b>	
<b>Ice Cream – No lunch Order</b>	<b>\$</b>	<b>No Lunch Order</b>	
Calippo	1.00	Egg and Bacon Muffin (cheese extra 50 cents)	3.20
Icy Twist	1.00	Breakky Wrap (bacon, egg and Hashbrown with BBQ)	4.70
<b>Snacks – No Lunch Order</b>	<b>\$</b>	Hash Browns (Oven Baked) (H)	1.00
Mini Muffins (chocolate, blueberry, apple & cinnamon etc)	2.00	<b>Drinks – No Orders</b>	
Muffins (chocolate, blueberry, apple & cinnamon etc)	3.50	Hot Chocolate	From 3.00
Cake Slices	2.50	English Breakfast Tea	3.00
Slices	2.00	Vanilla or Spice Chai	From 3.50
Red Rock Deli Chips	2.50	Soy milk – 50 cents extra	
Jelly Cup	1.00		

### LUNCH ORDERS

#### HOW TO ORDER

1. On a PAPER BAG write your child's name, classroom and food order
2. Place money inside the PAPER BAG (correct money)
3. Student hand their order to their classroom teacher at the beginning of the school day
4. The orders will be delivered to the canteen, filled, and available for pickup by each classroom prior to lunch break

#### Note:

1. Items may not be available due to supplier stock - similar product will be provided.

H – Halal  
V - Vegetarian

