

# 2024 Canteen Menu



## Sandwiches and wraps

Multiple breads to choose from: Wholemeal, sesame roll, gluten free, tortilla wrap

Sandwich/Wrap	From \$4.00
Chicken Wrap (GF available)	\$5.90
Felafel Wrap	\$6.90
Hommus, Beetroot, Tzatziki	40c

## Burgers

Chicken Burger	\$9.90
Beef Burger	\$9.90
Veggie Patty Burger	\$9.90
Vegan veggie burger	\$10.90

Burgers come with lettuce, tomato, sauce- optional extras

## Snacks and additions

Popcorn	\$1.50
Fresh baked muesli cookie	\$2.50
Fresh baked banana bread	\$3.00
Veggie sticks with choice of dip	\$2.20
Cheese and crackers	\$2.50
Fruit salad cup	\$4.40
Yogurt with berry compote	\$3.70
Boiled Egg	\$2.10
Garlic Bread (2 pieces)	\$1.10
Scone with jam and cream	\$3.40
Muffine- varying flavours.	\$3.15
Garden side salad	\$2.00

## Complete Lunchboxes

Designed in consultation with a children's health nutritionist to deliver age appropriate balanced meal

Prices From:

Sushi Lunchbox	\$9.70
(sushi pieces, crackers, cheese & fruit)	
Ploughman's Lunchbox	\$8.80
(Bread, cheese, egg, ham, veggies, fruit)	
Sandwich Lunchbox	\$6.40
(sandwiches, fruit)	
Lasagna Lunchbox	\$7.20
(Lasagna and salad)	



Say NO to single-use takeaway plastic



## Hot Food

Timbertown party sausage roll	\$3.00
Spinach and cheese triangle	\$1.50
Macaroni and cheese	\$6.80
Lasagna	\$7.00
Timbertown Meat pie	\$6.20
Gourmet Pie- Butter Chicken.	\$7.90
Gourmet Pie- Bolognese	\$7.90
Plain rice cup	\$3.50
Rice and veggie cup	\$3.50
Chicken tender	\$3.10
Chicken tender GF	\$4.00
Spaghetti bolognese	\$8.90
Butter chicken and rice	\$8.45
Vegan Curry with rice	\$8.25
Ramen Noodles with Chicken.	\$8.90
Hearty Lentil Soup	\$6.50

## Sushi Rolls

Crispy chicken and lettuce	\$4.50
Gluten free chicken and lettuce (GF).	\$4.50
Tuna and avocado (GF)	\$4.50
Cucumber and avocado (GF)	\$4.50
Cucumber (GF)	\$4.50
Carrot and avocado (GF)	\$4.50
Tuna, Corn and Mayo (GF)	\$4.50

## Dumplings

Pork and Asian green dumplings (3).	\$3.50
Vegetarian Dumplings (3)	\$3.50

## Frozen Fun

LICKETY POPS.	\$1.50
Fruit- Apple, Apple & Blackcurrant, Orange Milo, Lemonade	
Fruit Splits	\$3.50
Paddle Pop	\$3.80

## Cold Drinks

Juice (Apple, Apple/Blackcurrant, Orange)	From \$1.60
Milk	\$1.80
Oat Milk	\$2.80
Filtered Water	\$2.50
Sparkling water	\$2.50
Soy milk	\$3.00
Real Fruit Smoothies	\$5.90

## Halal

Our chicken and beef (including pies) is bought halal - we do not have Halal certification.

**We have a strict no nut policy.**

Order by 8:30am on morning.

Orders via Spriggy Schools.

Contact us:

Email [support@locallunches.com.au](mailto:support@locallunches.com.au)

Urgent issues: 0418 230 796

