



# PAKENHAM LAKESIDE PRIMARY CANTEEN MENU

Open Tuesday and Thursday

OUR PREFERRED PAYMENT METHOD IS ONLINE THROUGH QKR

## HEARTY HOT FOOD

Lasagne 97% fat free	\$6.10	☺☺☺
Macaroni Cheese 97% fat free	\$6.10	☺☺☺ V
Vegetarian Fried Rice 97% fat free	\$6.10	☺☺☺
Dim Sims Steamed	\$1.20	☺☺☺
Potato Cake - over counter only	\$1.20	☺☺V
Hot Noodles Chicken or Beef	\$3.50	☺☺
Chicken crumbed tender	\$2.70	☺☺GF
Hot Dog	\$4.50	☺☺
Beef Cheese Burger, Lettuce and Mayo	\$6.30	☺☺☺
Chicken and Cheese Burger, Lettuce and Ma:	\$6.30	☺☺☺
<b>Gluten Free</b> Hot Dog (no roll)	\$3.50	☺☺GF
Chicken Breast Nugget - Bag of 3	\$4.20	☺☺
Chicken Breast Nugget - Bag of 6	\$7.50	☺☺
Lite N Up Beef Pie	\$6.10	☺☺
Lite N Up Sausage Roll	\$5.50	☺☺
Lite N Up Snack Party Pie	\$1.50	☺☺

All pies heart foundation approved, low GI, reduced fat

## TASTY JAFFLES

Baked Bean and Cheese	\$4.50	☺☺☺ V
Spaghetti	\$4.00	☺☺☺ V
Cheese	\$4.00	☺☺☺ V
Ham and Cheese	\$5.00	☺☺☺

Preferred Payment Method



## SPECIAL SNACKS

Popcorn Butter or Slightly Sweet	\$2.00	☺☺GF
Chips Honey/Soy or Salt Vinegar	\$2.00	☺☺
Choc Chip Cookies	\$3.00	☺☺
Gingerbread	\$2.20	☺☺
Ovalteenies	\$1.40	☺☺
Yoghurt Frogs (5 for \$1.00)	\$1.00	☺☺
Sun Fruits	\$1.00	☺☺
Homemade Mini Muffin	\$1.20	☺☺
Veggie Cup with Dip	\$2.20	☺☺☺GF
Fruit Salad Cup	\$2.30	☺☺☺GF
Jelly Cup with Fruit	\$2.00	☺☺☺GF

- ☺☺☺ Every Day Foods
- ☺☺ Select Carefully foods
- V Denotes Vegetarian
- GF Denotes Gluten Free.

PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

## SUPER SANDWICHES AND SALADS

		Sandwich	
Vegemite	\$2.50		☺☺☺ V
Cheese	\$2.60		☺☺☺ V
Ham (97% fat free)	\$3.60		☺☺
Ham (97% fat free) and Salad	\$5.10		☺☺
Ham & Cheese	\$4.50		☺☺
Roast Chicken	\$4.50		☺☺☺
Roast Chicken & Salad	\$5.30		☺☺☺
Fresh Salad (lettuce,cucumber,tomato,carrot)	\$4.50		☺☺☺ V
Egg & Lettuce	\$3.70		☺☺☺ V

### Rolls or Wraps extra

**\$0.80**

**\*\*All sandwiches on wholemeal bread\*\***

White bread available on request

## FRESH MADE SALAD BOXES

Mixed Salad (lettuce,cucumber,tomato,cheese,carrot)	\$5.00 Regular	☺☺☺GF
Add beetroot	\$0.50	
Add egg	\$1.20	
Add Chicken or Ham	\$1.30	

## EXTRAS

Salad Dressing Tub	\$0.50	☺☺
Tomato Sauce	\$0.50	☺☺
<b>LUNCH BAGS</b>	<b>\$0.30</b>	

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

## DRINKS

600ml Water	\$3.15	☺☺☺GF
<b>250ml Milk (Reduced Fat)</b> Chocolate, Strawberry	\$3.45	☺☺☺GF
<b>100% Fruit Juice 250ml</b>	\$3.35	☺☺☺GF
Apple or Tropical		
<b>Chill J Sparkling 100% Fruit Juice</b>	\$3.35	☺☺GF
Raspberry, Grape, Watermelon, Lemonade		

## FROZEN TREATS

Frozen 100% Juice Tubes	\$1.20	☺☺☺GF
Frozen Skim Milk Tubes (Choc or Straw)	\$2.70	☺☺☺GF
Frozen Pineapple and Watermelon	\$0.80	☺☺☺GF
Twisted Frozen Yoghurt Choc/Van or		
Mango/W'Melon/Strawberry	\$3.10	☺☺☺GF
Streets Paddle Pop Rainbow	\$2.60	☺☺

PRICES SUBJECT TO CHANGE

EFFECTIVE JANUARY 2024

IF YOUR CHILD HAS ANY FOOD ALLERGIES PLEASE MARK CLEARLY ON BAG