

PAKENHAM LAKESIDE PRIMARY CANTEEN MENU

Open Tuesday and Thursday

OUR PREFERED PAYMENT METHOD IS ONLINE THROUGH QKR

HEARTY HOT FOOD		
Lasagne 97% fat free	\$6.10	$\odot\odot\odot$
Macaroni Cheese 97% fat free	\$6.10	©©© V
Vegetarian Fried Rice 97% fat free	\$6.10	$\odot\odot\odot$
Pizza Margherita	\$5.00	$\odot \odot$
Dim Sims Steamed	\$1.50	$\odot\odot\odot$
Hot Noodles Chicken or Beef	\$3.50	$\odot \odot$
Chicken crumbed tender	\$2.70	⊕⊕GF
Hot Dog	\$4.50	$\odot\odot$
Beef Cheese Burger, Lettuce and Mayo	\$6.30	$\odot\odot\odot$
Chicken & Cheese Burger, Lettuce & Mayo	\$6.30	$\odot\odot\odot$
Gluten Free Hot Dog (no roll)	\$3.00	©©GF
Chicken Breast Nugget - Bag of 3	\$3.60	$\odot\odot$
Chicken Breast Nugget - Bag of 6	\$6.00	$\odot \odot$
Lite N Up Beef Pie	\$5.80	©©H
Lite N Up Sausage Roll	\$5.00	©©H
Lite N Up Snack Party Pie	\$1.50	©©H

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	$\odot \odot$
Ham & Cheese	\$4.50	$\odot \odot$
Roast Chicken	\$4.50	$\odot\odot\odot$
Roast Chicken & Salad	\$5.30	$\odot\odot\odot$
Fresh Salad (lettuce,cucumber,tomato,carrot)	\$4.50	©©©V
Rolls or Wraps extra	\$0.80	
**All sandwiches on wholem White bread available on re		
FRESH MADE SALAD	BOXES	
Mixed Salad (lettuce,cucumber,tomato,cheese,carrot)	\$5.00 Regular	⊚⊚⊜GF
Add Chicken or Ham	\$1.30	

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	$\odot\odot\odot$	

Preferred Payment Method
OKI! by MasterCard

SPECIAL SNACKS		
Popcorn Butter	\$2.00	©©GF
Piranha Snaps Light and Tangy Salsa	\$2.00	©
Chips Honey/Soy or Salt Vinegar	\$2.00	$\odot \odot$
Choc Chip Cookies	\$3.00	$\odot \odot$
Gingerbread	\$2.50	$\odot \odot$
Ovalteenies	\$1.40	$\odot \odot$
Yoghurt Frogs (5 for \$1.00)	\$1.00	
Sun Fruits	\$1.20	$\odot\odot$
Red Licorice	\$1.00	00
Homemade Mini Muffin	\$1.20	
Veggie Cup with Dip		©©© G F
Fruit Salad Cup	\$2.30	<u> </u>

000	Every Day Foods
$\odot \odot$	Select Carefully foods
V	Denotes Vegetarian
GF	Denotes Gluten Free.

PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

EXT	CRAS	
Salad Dressing Tub	\$0.50	☺
Tomato Sauce	\$0.50	☺
LUNCH BAGS	\$0.30	

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

DRINKS		
\$3.15	©©© GF	
\$3.45	©©©GF	
\$3.35	©©© GF	
\$3.00	©©GF	
	\$3.45 \$3.35	

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 JULY 2024

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