

LUNCH MENU

Shepparton East PS

Every Friday

Starting Friday 9th Feb

Term 1 - 2018

THIS CHILDREN'S MENU HAS BEEN DEVELOPED TO MEET THE NATIONAL & STATE HEALTHY SCHOOLS CANTEEN GUIDELINES

Please Use the Schools Large Lunch Bags available from Your School's Office.

PLEASE TAKE YOUR **LUNCH ORDER BAG** TO THE OFFICE, IF YOU HAVE ANY PROBLEMS ON **THE DAY YOU ORDER**

SORRY NO VARIATIONS TO PACKS

ON OCCASSIONS SUBSTITUTES WILL BE GIVEN IF SOME PRODUCTS ARE SOLD OUT.

- **Mini Dimmy Pack - \$3.50**
Mini Baked Dim Sims(5) & Soy Sauce
- **Super Potato Pie - \$4.70**
Premium Beef Pie with Potato Mash Topping

 **Summer Noodle Salad \$4.00**

Yummy Fresh Salad with Rice Noodles & a light Coconut Dressing (V, DF, GF)



Cool Pack \$5.50

Chicken, Cheese, Lettuce, Mayo Wrap
+ Bango Frozen Smoothie

The Famous Super Pack - \$6.50

2 Sausage Rolls, + Sauce, + Hedgehog or Jelly or Popcorn or Mini Muffin
Apple Juice or Plain Water or OJ or Choc or Straw Milk.

Small Super Pack - \$5.50

Same as Above but Contains 1 x Sausage Roll.

Family Discount for 3 Children

Place a family order of 3 Children together & Get the lowest price lunch order ½ Price. NOT available with Pies

ORDERS MUST BE TOGETHER TO RECEIVE DISCOUNT



Birthday Surprise

If it's your Birthday **in the week** you order LUNCH, Let us Know by writing **"It's My Birthday" with your BIRTH**

DATE on your bag in RED PEN.

We will treat you with a small surprise.

Gluten Free Menu Also Available

Please email eastwd@bigpond.net.au for a Copy.

Include Child Name, Year Level & School.

Brain Food

SALAD Wrap or Roll .	\$3.50
CHEESE & VEGEMITE Wrap or Roll	\$3.50
CHICKEN & Salad Wrap or Roll	\$3.80
HAM & Salad Wrap or Roll	\$3.80
EGG & Lettuce Wrap	\$3.80
ADD CHEESE	\$0.30
CHEESE & LETTUCE Wrap or Roll	\$3.80
HAM & CHEESE Wrap or Roll (No SALAD)	\$4.00
Chicken & Cheese Wrap/Roll (NO SALAD)	\$4.00

RICE PAPER ROLLS (Gluten & Dairy Free)	\$4.00
With Chicken & Salad	
Extra Plum Dipping Sauce	\$0.30

MIGHTY BITES

Double Decker Vegemite Bites	\$2.90
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Hot Stuff

Sausage Roll x 1 (with sauce)	\$2.60
Sausage Rolls x 2 (with sauce)	\$4.20
Egg & Bacon Pie	\$4.00
Mini Sweet Potato & Spinach Tart (V)	\$2.20

BURGERS -

\$4.00
Cheese Burger -Burger, Lettuce, Cheese, Sauce.

All Other Burgers Come with Salad, Cheese & Sauce

Beef Burger -Burger, Salad, Sauce

Hashbrown Burger - Hashbrown, Salad, Sauce.

Warm Chicken Tender Wrap (Oven Baked. Lettuce, Mayo & Cheese)	\$4.10
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PASTA BAKE (V) - Homemade Pasta Sauce & cheese	\$3.80
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Eastwood Farmhouse Chicken Pie Sauce	\$4.30
	\$0.30

NEW

Little Treats

Popcorn	\$1.50
Cheeky Chocolate Muffin	\$1.60
Rainbow Jelly with Fruit (GF & DF)	\$1.90
Happy Hedgehog - High Fibre	\$1.90

BANGO-GF & DF

Frozen Banana Mango Smoothie	\$1.90
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Strawberry Yogurt	\$1.90
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Chilly Philly Dip & Crackers	\$2.00
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NEW

ALL Sorts of Drinks (all GF)

Bottle Water - Plain	\$1.60
Plain Milk -	\$1.60
100% Apple Juice (A/J)	\$1.80
100% Orange Juice (O/J)	\$1.90
Pineapple Juice (P/J)	\$1.90
Chocolate Milk / Strawberry Milk	\$2.20
V8 JUICE -	\$2.30
Coolridge Berry Flavoured Spring Water	\$2.40

EASTWOOD ORCHARD



SPECIALIST CATERER & EDUCATOR OF HEALTHY ALTERNATIVES
EXTENSIVE KITCHEN GARDEN

EMAIL - eastwd@bigpond.net.au

LUNCH ORDER INSTRUCTIONS

PLACE FOLDED LUNCH BAG INTO LUNCH TUBS BY 9AM

Bag Opening at the top

Will Smith

Room 6

1 x Super Pack \$6.50

2 x S/Rolls, Hedgehog & Plain
Water

Enclosed \$7.00 Change = 50cents

PLACE Money in Bag

Please do not wrap in foil or gladwrap.

FOLD THE BAG into 4

Never Tape or Staple the bag shut,

as this tears the bag when removed.

Staples are also very dangerous around food.

Late Orders or Cancellations are not accepted after 10am

LARGE SCHOOL LUNCH BAGS- Bags are ONLY available from the School's office. **Small Bags from the supermarket are too small.** When small bags are used, lunches often don't fit or fall out. Children then get their orders mixed up. PLEASE ALWAYS use the schools LARGE LUNCH BAGS.

PAYING FOR 2 or MORE ORDERS TOGETHER - Write out each order as above on a separate bag. Place Orders **together**. One inside the other.

FAMILY DISCOUNT – When **3 orders are Placed Together**. Write out each order as above on a separate bag. Place all orders together, inside one of the bags. Discount is given on the lowest price order. Discount is not available on pies or specials.

BIRTHDAYS – If it's your birthday in the week you order LUNCH, we will treat you to a small surprise. Make sure you write **"It's My Birthday"** & **your Birth Date** in red pen on the bag to let us know.

ALLERGY SUFFERERS- Write out order as above. Write in **RED BOLD letters** PEANUT ALLERGY or GLUTEN FREE or DAIRY FREE. Please contact us by email if you require a special Gluten Free menu. Please include Child Name, School and year Level.

PROBLEMS WITH ORDERS – If a child thinks that something is missing or their order isn't right please remind them to take their bags up to the office on the day they order. Any problems are then sorted quickly and easily.

ITEMS SOLD OUT – On occasions we do sell out of some products. Substitutes may be given when items are sold out.

MENU IDEAS – Email your healthy recipe or menu ideas to eastwd@bigpond.net.au