

LUNCH MENU

Shepparton East PS
Every Friday
Starting Friday 4th August

Term 3 -2017

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.

Super Potato Pie - \$4.70

Premium Beef Pie
with Potato Mash Topping

\$5.00 Meal Deal

NEW Pasta Bake & hedgehog

The Great Dimmy Jackpot

Every week someone wins **5 Extra Dimmy's** when they order a Mini Dimmy Pack.

Mini Dimmy Pack

5 Baked Mini Dim Sims & Soy Sauce \$3.50

The Famous Super Pack - \$6.40

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 - \$5.40

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 available for Term 3 & 4.

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

Include Child Name, Year Level & School.

Brain Food

SALAD Wrap or Roll	\$3.40
CHEESE & VEGEMITE Wrap or Roll	\$3.40
CHICKEN & Salad Wrap or Roll	\$3.60
HAM & Salad Wrap or Roll	\$3.60
EGG & Lettuce Wrap	\$3.60
ADD CHEESE	\$0.30
CHEESE & LETTUCE Wrap or Roll	\$3.60
HAM & CHEESE Wrap or Roll (No SALAD)	\$4.00
Chicken & Cheese Wrap/Roll (NO SALAD)	\$4.00

RICE PAPER ROLLS (Gluten & Dairy Free)	\$3.90
With Chicken & Salad	
Extra Plum Dipping Sauce	\$0.30

TWIRLY MITE	
Twirly Vegemite Sandwich	\$2.80

Hot Stuff

Sausage Roll x 1 (with sauce)	\$2.50
Sausage Rolls x 2 (with sauce)	\$4.00
Egg & Bacon Pie	\$3.90
Mini Sweet Potato & Spinach Tart (V)	\$2.00

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.

Mini Dimmy Pack -	\$3.50
5 Baked Mini Dim Sims & Soy Sauce	

FRIED RICE - (V) **\$3.90** **NEW**

Warm Chicken Tender Wrap (Oven Baked. Lettuce, Mayo & Cheese)	\$4.00
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PASTA BAKE (V) -	\$3.70
Homemade Pasta Sauce & cheese	
Eastwood Farmhouse Chicken Pie	\$4.30
Sauce	\$0.30

Little Treats

Popcorn	\$1.40
Raspberry Choc Chip Muffin	\$1.50
Rainbow Jelly with Fruit (GF & DF)	\$1.90
Happy Hedgehog - High Fibre	\$1.90
Cheese & Bacon Roll	\$2.00
Corn on the cob	\$1.50

ALL Sorts of Drinks (all GF)

Bottle Water - Plain	\$1.50
Plain Milk -	\$1.50
100% Apple Juice (A/J)	\$1.70
100% Orange Juice (O/J)	\$1.90
Pineapple Juice (P/J)	\$1.90
Chocolate Milk / Strawberry Milk	\$2.00
Coolridge Berry Flavoured Spring Water	\$2.20
V8 JUICE -	\$2.20

EASTWOOD ORCHARD



SPECIALIST CATERER & EDUCATOR OF HEALTHY ALTERNATIVES
EXTENSIVE KITCHEN GARDEN

EMAIL - eastwd@bigpond.net.au