

LUNCH MENU

Shepparton East PS
Every Friday
Starting Friday 4th May

Term 2 -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



SNITZY ROLL \$4.00
Chicken Snitzel in a roll with Lettuce, Cheese and Tomato Sauce



\$5.00 HOT DEALS

PASTA Bake and POPCORN \$5
Mini Dimmy Pack and Hedgehog \$5

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

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.	

SNITZY ROLL - Chicken Snitzel in a roll with Lettuce cheese and tomato sauce	\$4.00
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MARGARITA PIZZA (Vegetarian)	\$3.50
Warm Chicken Tender Wrap	\$4.10
(Oven Baked. Lettuce, Mayo & Cheese)	

PASTA BAKE (V) -	\$3.80
Homemade Pasta Sauce & cheese	

Eastwood Farmhouse Chicken Pie	\$4.30
Sauce	\$0.30

Little Treats	
Popcorn	\$1.50
Muffington Muffin-	
Lamington Top Chocolate Muffin	\$1.60
Rainbow Jelly with Fruit (GF & DF)	\$1.90
Happy Hedgehog - High Fibre	\$1.90

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