

Term 3 - 2022  
**T3**

# LUNCH MENU

THIS MENU HAS BEEN DEVELOPED TO MEET THE NATIONAL AND STATE HEALTHY SCHOOLS CANTEEN GUIDELINES

PLEASE USE THE **SCHOOLS LARGE LUNCH BAGS**  
SO, EVERYTHING FITS IN.  
ONLY AVAILABLE FROM THE SCHOOL OFFICE.

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

## \$6 LUNCH SPECIALS

**BEEF PIE , Sauce & POPCORN**  
or  
**SNITZY ROLL & YOYO**

**SGRRY, NO VARIATIONS TO PACKS or Specials**

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

### SMART FOOD

SALAD Wrap or Roll	\$4.00
CHEESE & VEGEMITE Wrap or Roll	\$3.90
CHICKEN & SALAD Wrap or Roll	\$4.30
HAM & SALAD Wrap or Roll	\$4.30
Chicken & Cheese Wrap or roll (No Salad)	\$4.40
HAM & Cheese Wrap or Roll (No Salad)	\$4.40

### SIMPLE SIMON SANDWICHES

Special Sandwich Shapes with vegemite \$3.70

### EXTRAS

Cheese	\$0.40
Sauce	\$0.40

### HOT FOOD

Sausage Roll x 1 (with sauce)	\$2.90
Sausage Rolls x 2 (with sauce)	\$4.90
Egg & Bacon Pie	\$4.50
Mini Sweet Potato & Spinach Tart (V)	\$2.90

### MINI DIMMY PACK

5 Baked Mini Dim Sims (with Soy Sauce) **\$3.90**

### PIES

Beef PIE	\$4.70
Super Potato PIE	\$4.90

### BURGERS

**\$4.50**  
Cheeseburger - Burger, Lettuce, Cheese, Sauce.  
Hashbrown Burger - Hashbrown, Salad, Sauce.

### SNITZY ROLL

\$4.50  
Chicken Snitzel w/ Lettuce, Cheese and Tomato sauce

### Warm Chicken Tender Wrap

\$4.50  
Oven Baked Tender w/ Lettuce, Mayo & Cheese



Beef Ravioli, homemade  
pasta sauce and cheese

**\$4.90**

## Potato Smiley's - \$3.90

Oven baked potato smiley's  
with sauce

**Pasta bake with homemade  
sauce and cheese. \$3.90**

## **\$7.50** The Famous Super Pack

2 Sausage Rolls, + Sauce, + Hedgehog or Jelly or  
Popcorn or Mini Muffin  
Apple Juice, or Orange Juice or Plain Water or  
Chocolate or Strawberry Milk.

## **\$6.50** Small Super Pack

Same as Above but Contains 1 x Sausage Roll.

### Little Treats

Popcorn	\$1.90
Peckish Cheese Rice Crackers (GF)	\$1.90
Mini Choc Muffin	\$1.90
Vanilla Yoyo	\$1.90
Rainbow Jelly with Fruit (GF & DF)	\$2.30
Chocolate Hedgehog	\$2.30

### ALL Sorts of Drinks (all GF)

Plain Bottle Water -	\$1.80
Plain Milk -	\$1.90
100% Apple Juice (A/J)	\$2.00
100% Orange Juice (O/J)	\$2.00
Chocolate Milk	\$2.40
Strawberry Milk	\$2.40
Cool ridge Berry Flavoured Spring Water	\$3.50

### Family Discount for 3 Children

Place a family order for 3 Children together &  
get the **lowest price** lunch order ½ price.  
NOT available with Pies or any other specials.

**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.

**EASTWOOD ORCHARD**

SPECIALIST CATERER & EDUCATOR OF HEALTH ALTERNATIVES

Email - eastwd@bigpond.net.au