

Shepparton East PS - Orders every Friday.

Term 4 - 2022

T4 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

\$5.00 LUNCH DEAL PASTA & POPCORN

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
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EXTRAS

Cheese	\$0.40
Sauce	\$0.40

Pasta bake with homemade sauce and cheese. \$3.90

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
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PIES

Beef PIE	\$4.70
Super Potato PIE	\$4.90

BURGERS

\$4.50
<u>Cheeseburger</u> - Burger, Lettuce, Cheese, Sauce.
<u>Hashbrown Burger</u> - Hashbrown, Salad, Sauce.

SNITZY ROLL

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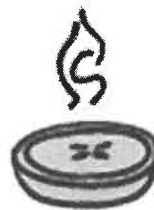
Warm Chicken Tender Wrap

Oven Baked Tender w/ Lettuce, Mayo & Cheese	\$4.50
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SORRY, NO VARIATIONS TO PACKS or Specials

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

FRIDAY PIE DAY



BEEF PIE, sauce &
Chocolate Milk

\$6.50

\$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 Bottled 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 

SPECIALIAST CATERER & EDUCATOR OF HEALTH ALTERNATIVES

Email - eastwd@bigpond.net.au