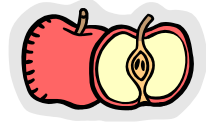




LYSTERFIELD PRIMARY SCHOOL



NEW CANTEEN PRICE LIST as from 03/09/07

ALL SANDWICHES AND ROLLS ARE WHOLEMEAL OR MULTIGRAIN

SANDWICHES

Tuna, lettuce, cheese and mayonnaise	\$3.80
Ham, grated carrot, lettuce and cheese	\$3.80
Chicken, tomato deli spread, cheese and lettuce	\$3.80
Ham, chicken or tuna	\$2.90
Egg and lettuce	\$3.00
Vegemite and cheese	\$2.80
Roll - <i>Extra</i>	.50c

SALAD BOWL

Contains: lettuce, carrot, celery sticks, cherry tomatoes, baby beetroot, cheese cubes, cucumber sticks and egg

Salad Bowl plus ham, chicken or tuna	\$4.80
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Please state if mayonnaise is required

FRESH FRUIT

Mandarins, Apples or Kiwifruit

Fresh Fruit Salad in a cup	\$2.50
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FROZEN

Frozen Juice Cups <i>apple, orange, pineapple</i>	.60c
Boost Smoothies on a Stick <i>mango or berry</i>	.80c
Miniz. <i>Chocolate, banana</i>	.60c
Yoghurt <i>strawberry, fruit salad, raspberry</i>	\$1.00
Frozen Berries and Yoghurt in a cup	\$2.00
Paper Bags	.05

HOT FOOD

Baby potatoes oven baked with herbs	3 for	\$1.50
	6 for	\$3.00

Vegetable Frittata <i>Low fat cheese and vegetables baked in a muffin pan</i>	\$1.80
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Hot chicken roll <i>Chicken pieces and mayonnaise heated in a wholemeal roll plus a small salad</i>	\$4.50
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Honey Soy Drummies

<i>Chicken drumettes marinated in honey, soy, ginger and garlic</i>		
Oven baked	3 for	\$2.00
	6 for	\$4.00

Bolognaise Twirls, small salad and wholemeal roll	\$4.20
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Home made Chicken Burger <i>Chicken burger with lettuce, tomato and mayonnaise in a wholemeal bun.</i>	\$4.00
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SNACKS

Homemade Muffin <i>apple and sultana</i> <i>mixed berry</i>	\$1.00
Popcorn homemade <i>plain</i>	.50c
Rice Cakes <i>chicken flavour</i>	.80c
Raisin Toast	.80c

DRINKS

Big M Drink <i>chocolate, strawberry, honeycomb</i>	\$1.50
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