BEFORE SCHOOL

FUEL YOUR DAY – EAT BREAKFAST!

Up & Go Liquid Breakfast $2.00
Yogo Chocolate $2.00
Yoghurt $2.00
Seasonal fruit $1.00
Small and large drinks $2.00–$3.50
HiLo milk $1.00
100% fruit juice $2.50
Spring water $2.00

MORNING BREAK

Sushi Tuna/ Chicken $4.50
Popcorn (plain) $1.00
Sausage roll $2.00
(Good Eating variety Available Tuesday
And Thursday)
Chicken and Corn roll $2.00
Available Monday
Pizza Cheezie $2.00
Available Tuesday and Friday
Rounder $2.00
Available Wednesday
Muffins $3.00
Available Monday
Pizzas $3.00
Available Thursday
Cruiser Pies $3.00
Available Friday

Ordering

PLEASE ORDER YOUR LUNCH
BEFORE SCHOOL IF POSSIBLE
Placing late lunch orders at the morning break holds up queues at a very busy time.
Thank you for your cooperation!

DO NOT LOSE THE TOKEN
YOU ARE GIVEN FOR YOUR ORDER!
If you do, you will have to wait until lunches have been collected to see if yours is still there (someone else could have found your token and used it to collect a free lunch).

USE YOUR TOKEN
ON THE DAY IT IS ISSUED
Our system relies on orders for a particular day being collected on that day.
If you must go home unexpectedly for sickness, a note from the nurse or front office entitles you to a refund when you are back at school and return the token.
If you notify the canteen and return the token before going home, you will receive an immediate refund.

All prices subject to change with one week’s notice.
Latest menu at leeming.shs@education.wa.edu.au

Leeming SHS Canteen Menu

2016

OPENING HOURS
Before school 8.00am - 8.30am
Recess 10.30am - 11.00am
Lunch 1.15pm - 1.45pm

CANTEEN COORDINATOR:
MRS DEBBIE BOWIE
This service is provided by the P & C
Surplus funds benefit our school
Volunteers welcome!

This menu complies with the Government’s “traffic light system” for public schools
Foods in the GREEN category are encouraged.
AMBER foods should only be eaten in moderation. RED foods are not available.

www.det.wa.gov.au/healthyfoodanddrink
### Daily Lunch Specials

<table>
<thead>
<tr>
<th>Day</th>
<th>Special</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Sweet Chilli Chicken Roll</td>
<td>$4.50</td>
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<tr>
<td>Tuesday</td>
<td>Chicken Caesar Wrap</td>
<td>$4.50</td>
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<tr>
<td>Wednesday</td>
<td>Beef Burger with Salad</td>
<td>$4.50</td>
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<tr>
<td>Thursday</td>
<td>Pork Riblet Roll</td>
<td>$4.50</td>
</tr>
<tr>
<td>Friday</td>
<td>Chicken Burger</td>
<td>$4.50</td>
</tr>
</tbody>
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### Hot Selections

**AVAILABLE EVERY DAY**

- Macaroni Cheese: $4.00
- Lasagne: $4.00
- Hot dog: $3.00
- Spinach and Ricotta Roll: $2.50
- Noodles Nannee Cups Chicken or Beef: $2.50
- Toasted sandwich (white or grain bread)
  - Choice of one filling: $3.00
  - Cheese
  - Chicken
  - Tuna
  - Baked beans
  - Spaghetti
  - Ham
  - Two fillings from above list: $4.00
  - Add tomato to above: $0.30

### Salads & Sushi

**AVAILABLE EVERY DAY**

- Salad plate: $4.00
- Lettuce, tomato, carrot, cucumber, egg fork and serviette. Mayonnaise optional
- With Ham, Chicken, Tuna or Cheese: $5.00
- Sushi (4 Pack): $4.50
- Japanese Soba Noodles: $4.50

### Vegetarian Choices

**AVAILABLE EVERY DAY**

- Macaroni Cheese: $4.00
- Spinach and Ricotta Roll: $2.50
- Veg Pie: $3.00
- Fruit Salad: $3.00

### Sandwiches & Rolls

**AVAILABLE EVERY DAY**

- Sandwiches: Wholemeal
  - Rolls: Wholemeal
- Sandwich or roll
  - Egg $3.00
  - Chicken
  - Ham
  - Cheese
  - Tuna
  - Salad

- Sandwich or roll
  - Egg and salad $4.50
  - Chicken and salad
  - Ham and salad
  - Cheese and salad
  - Tuna and salad
- Extra salad filling in sandwich or roll
  - Beetroot or lettuce or tomato or carrot or cucumber $0.30 per filling
- Extra protein filling in sandwich or roll
  - egg or cheese or ham or tuna $1.00 per filling

### Drinks & Other

**AVAILABLE AT ALL TIMES**

- Small drink
  - Quench or flavoured milk (various) $2.00
- Large drink
  - Quench or flavoured milk (various) $3.50
- 100% fruit juice
  - Apple $2.50
  - Orange
  - Apple/Blackcurrant
  - Spring water $2.50
  - Hilo milk (225 ml) $1.00
- Up & Go Liquid Breakfast $2.00
- Yogo (Chocolate only) $2.00
- Yoghurt (light or diet) $2.00
- Seasonal fruit $1.00
- LOL $2.50

**AVAILABLE AT LUNCH BREAK ONLY**

- Ice cream (from StarChoice range) $1.00-$2.70

### MISCELLANEOUS ITEMS

- Tomato Sauce portion $0.30
- Chilli and Barbeque Sauce portion $0.30
- Extra knife, fork or spoon $0.10

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If you don’t pre-order before school or at the morning break then only a limited lunch menu will be available to you and it may not include the daily special.

**DON’T MISS OUT – PRE-ORDER IN THE MORNING!**