

## ➤ 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 (Good Eating variety Available Tuesday And Thursday)	\$2.00
Chicken and Corn roll Available Monday	\$2.00
Pizza Cheezie Available Tuesday and Friday	\$2.00
Rounder Available Wednesday	\$2.00
Muffins Available Monday	\$3.00
Pizzas Available Thursday	\$3.00
Cruiser Pies Available Friday	\$3.00

## 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](mailto: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](http://www.det.wa.gov.au/healthyfoodanddrink)

# Daily Lunch Specials \$4-50

**Monday:**  
**Sweet Chilli**  
**Chicken Roll**

**Tuesday:**  
**Chicken Caesar**  
**Wrap**

**Wednesday:**  
**Beef Burger**  
**with Salad**

**Thursday:**  
**Pork Riblet Roll**

**Friday:**  
**Chicken Burger**

## 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

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!**