

## BEFORE SCHOOL

### FUEL YOUR DAY – EAT BREAKFAST!

Up & Go Liquid Breakfast	\$2.70
Yogo Chocolate	\$2.70
Yoghurt	\$2.70
Seasonal fruit	\$1.00
Small and large drinks	\$2.70–\$4.20
HiLo milk	\$1.00
100% fruit juice	\$2.70
Spring water	\$2.00
Iced Tea	\$3.00

## MORNING BREAK

Sushi Tuna/ Chicken (GF)	\$5.00
Fruit Salad (Term 1)	\$4.00
Berry Cup	\$3.00
Popcorn (Plain)	\$1.00
Chicken and Corn roll <i>Available Monday</i>	\$2.50
Muffins <i>Available Monday</i>	\$3.00
Sausage roll <i>(Good Eating variety Available Tuesday And Thursday)</i>	\$2.50
Pizza Cheezie <i>Available Tuesday and Friday</i>	\$2.50
Rounder <i>Available Wednesday</i>	\$2.50
Hash Brown <i>Available Wednesday</i>	\$2.50
Pizzas <i>Available Thursday</i>	\$3.00
Cruiser Pies <i>Available Friday</i>	\$3.50

## Ordering

### PLEASE ORDER YOUR LUNCH BEFORE SCHOOL

Late lunch orders may not be able to be filled.

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)



## 2020

### 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)

## Set Daily Lunch Specials \$5.00

**Monday:**  
**Sweet Chilli**  
**Chicken Roll**  
**+ salad for \$1.00**

**Tuesday:**  
**Nachos**

**Wednesday:**  
**Beef Burger**  
**with Salad +**  
**cheese for \$1.00**

**Thursday:**  
**Pork Riblet Roll**  
**+ salad for \$1.00**

**Friday:**  
**Chicken Burger**  
**+ salad for \$1.00**

## Other Specials: Check Notice Board

### Hot Selections

AVAILABLE EVERY DAY

Vegetable Fried Rice (V) (GF)	\$5.00
Macaroni Cheese (V)	\$5.00
Lasagne	\$5.00
Hot dog	\$4.00
Spinach and Ricotta Roll (V)	\$3.00
Noodles-Nannee Cups Chicken or Beef	\$2.50
<b>Toasted sandwich (white or wholemeal bread)</b>	
Choice of one filling	\$3.00
<b>Cheese</b>	
<b>Chicken</b>	
<b>Tuna</b>	
<b>Baked beans</b>	
<b>Spaghetti</b>	
<b>Ham</b>	
Two fillings from above list	\$4.00
Add <b>tomato</b> to above	\$0.50

### Salads & Sushi

AVAILABLE EVERY DAY

<b>Salad plate (V)</b>	\$4.00
Lettuce, tomato, carrot, cucumber, egg. Mayonnaise optional	
<b>With Ham, Chicken, Tuna or Cheese</b>	\$5.00
<b>Sushi (4 Pack) Tuna</b>	\$5.00
<b>Sushi (4 Pack) Chicken (GF)</b>	\$5.00

### Sandwiches & Rolls

AVAILABLE EVERY DAY

<b>Sandwiches on Wholemeal bread</b>	
<b>Sandwich \$3.00</b>	
<b>Egg</b>	
<b>Chicken</b>	
<b>Ham</b>	
<b>Cheese</b>	
<b>Tuna</b>	
<b>Salad</b>	
<b>Sandwich \$4.50</b>	
<b>Egg and salad</b>	
<b>Chicken and salad</b>	
<b>Ham and salad</b>	
<b>Cheese and salad</b>	
<b>Tuna and salad</b>	
Extra salad filling in sandwich	
<b>Beetroot or lettuce or tomato or carrot or cucumber</b>	\$0.50 per filling
Extra protein filling in sandwich	
<b>egg or cheese or ham or tuna</b>	\$1.00 per filling

(V) is a Vegetarian item

**\*ONLINE ORDERING AVAILABLE\***

Go to [leeming.shs@education.wa.edu.au](mailto:leeming.shs@education.wa.edu.au)  
**And follow the links**

### Drinks & Other

AVAILABLE AT ALL TIMES

<b>Small drink</b>	
<b>Orange C or flavoured milk (various)</b>	\$2.70
<b>Large drink</b>	
<b>Orange C or flavoured milk (various)</b>	\$4.20
<b>100% fruit juice</b>	
<b>Apple</b>	\$2.70
<b>Orange</b>	
<b>Apple/Blackcurrant</b>	
<b>Spring water</b>	\$2.00
<b>Hilo milk (225 ml)</b>	\$1.00
<b>Up &amp; Go Liquid Breakfast</b>	\$2.70
<b>Yogo (Chocolate only)</b>	\$2.70
<b>Yoghurt</b>	\$2.70
<b>Seasonal fruit</b>	\$1.00
<b>Juice Bombs</b>	\$2.70
<b>Berry Cup</b>	\$3.00
<b>Iced Tea</b>	\$3.00

AVAILABLE AT LUNCH BREAK ONLY

**Ice cream** (from StarChoice range) \$1.50-\$3.00

MISCELLANEOUS ITEMS

Tomato, Chilli or BBQ Sauce portion	\$0.30
Extra knife, fork or spoon	\$0.10