**BEFORE SCHOOL**

**FUEL YOUR DAY – EAT BREAKFAST!**

- Up & Go Liquid Breakfast $2.00
- Yogo Chocolate $2.00
- Yoghurt $2.00
- Half rolls (see lunch menu) $0.60–$0.80
- Seasonal fruit $1.00
- Small and large drinks $2.00–$3.50
- HiLo milk $1.00
- 100% fruit juice $2.50
- Spring water $1.50

**MORNING BREAK**

- Sushi Tuna/ Chicken $4.00
- Cheese and salad half wrap $2.00
- Chicken and salad half wrap $2.00
- Half rolls (see lunch menu) $0.60–$0.80
- Popcorn (plain) $1.00
- Sausage roll
  *Good Eating variety Available Tuesday and Thursday* $2.00
- 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

**2015**

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

**Leeming SHS Canteen Menu**

**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>
</tr>
<tr>
<td>Tuesday</td>
<td>Chicken Caesar Wrap</td>
<td>$4.00</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Beef Burger with Salad</td>
<td>$4.00</td>
</tr>
<tr>
<td>Thursday</td>
<td>Pork Riblet Roll</td>
<td>$4.50</td>
</tr>
<tr>
<td>Friday</td>
<td>Chicken Burger</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

### Hot Selections

- **Available Every Day**
  - Macaroni Cheese: $4.00
  - Lasagne: $4.00
  - Hot dog: $3.00
  - Spinach and Ricotta Roll: $2.50
  - Noodles-Nanee Cups Chicken or Beef: $2.50

- **Choice of one filling**
  - Cheese, Chicken, Tuna, Baked beans, Spaghetti, Ham

- **Two fillings from above list**: $4.00

- **Add tomato to above**: $0.30

### 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: $0.30 per filling

- **Extra protein filling in sandwich or roll**
  - egg or cheese or ham or tuna: $1.00 per filling

- **Half roll**
  - Plain: $0.50
  - Buttered: $0.60
  - Vegemite: $0.80

### 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
  - Cheese Salad Wraps (½): $2.00
  - Fruit Salad: $3.00

### 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: $1.50
  - 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: $2.00

### Available at Lunch Break Only

- Ice cream (from StarChoice range): $1.00-$2.50

### 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!**