

BEFORE SCHOOL

FUEL YOUR DAY – EAT BREAKFAST!

Up & Go Liquid Breakfast	\$2.50
Yogo Chocolate	\$2.50
Yoghurt	\$2.50
Seasonal fruit	\$1.00
Small and large drinks	\$2.50–\$4.00
HiLo milk	\$1.00
100% fruit juice	\$2.50
Spring water	\$2.00

MORNING BREAK

Sushi Tuna/ Chicken	\$4.50
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

Leeming SHS Canteen Menu

2018

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

Set 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
+ salad for \$1.00

Other Specials: Check Notice Board

Hot Selections

AVAILABLE EVERY DAY

Macaroni Cheese (V)	\$4.50
Lasagne	\$4.50
Hot dog	\$3.50
Spinach and Ricotta Roll (V)	\$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	\$0.50

Salads & Sushi

AVAILABLE EVERY DAY

Salad plate (V)	\$4.00
Lettuce, tomato, carrot, cucumber, egg. Mayonnaise optional	
With Ham, Chicken, Tuna or Cheese	\$5.00
Sushi (4 Pack)	\$4.50

Sandwiches & Rolls

AVAILABLE EVERY DAY

Sandwiches and Rolls on Wholemeal bread

Sandwich \$3.00 or Roll \$3.50

Egg
Chicken
Ham
Cheese
Tuna
Salad

Sandwich \$4.50 or Roll \$5.00

Egg and salad
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 \$0.50 per filling

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

(V) is a Vegetarian item

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!**

Drinks & Other

AVAILABLE AT ALL TIMES

Small drink	
Orange C or flavoured milk (various)	\$2.50
Large drink	
Orange C or flavoured milk (various)	\$4.00
100% fruit juice	
Apple	\$2.50
Orange	
Apple/Blackcurrant	
Spring water	\$2.00
Hilo milk (225 ml)	\$1.00
Up & Go Liquid Breakfast	\$2.50
Yogo (Chocolate only)	\$2.50
Yoghurt (light or diet)	\$2.50
Seasonal fruit	\$1.00
Juice Bombs	\$2.50
Berry Cup	\$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