

# CHEESE & TOASTIE

## - HEALTHY FOOD GUIDELINES -

- G** Green - fill the menu
- A** Amber - select carefully
- GF** Gluten Free
- DF** Dairy Free
- V** Vegetarian     **H** Halal Certified

### BREAKFAST & RECESS

Fresh Seasonal Fruit (G)(GF)(DF)	\$ 1.20
Cheese & Toastie triangle (G)	\$ 1.00
Cereal Cup (G)(DF)	\$ 1.00
Yoghurt (G)(GF)	\$ 1.10
Yoghurt & Muesli (G)	\$ 1.50
Yoghurt & Berries (G) (GF)	\$ 1.50
2 x Pancakes & Maple syrup (G)	\$ 1.50
1/2 Banana Bread slice With Margarine (A)	\$ 1.50
Slinky Apple (G)(GF)(DF)	\$ 1.50
Cheese and Crackers(G)	\$ 2.00
Veggie Sticks with hommus (GF)(H)	\$ 2.50
Watermelon Cup (G)(GF)(DF)	\$ 2.50
Mini muffin (A) - assorted flavours	\$ 1.50
Cereal with Milk (G)	\$ 2.80
Hot Chocolate(G)	\$ 2.50

### Anytime Snack Box (G)

Cheese, Crackers, Veggie Sticks, Yoghurt & Muesli \$ 3.80

### SUSHI - (G) pre-order online only

<b>Sushi Rolls</b> - Cooked Tuna(GF), Teriyaki Chicken & Tofu Veggie (V)	\$ 4.00
<b>Sushi Baby Box</b> - Cooked Tuna(GF), Teriyaki Chicken, Avocado(GF), Cucumber(GF)	\$ 4.00
<b>Rice Paper Rolls</b> - Chicken, or Vegetarian	\$ 4.50

## Lindfield East Public School Canteen Menu

### SANDWICH BAR (G) pre-order online only

Honey, Vegemite, or Jam	\$ 2.50
Light Tasty Cheese	\$ 2.80
Plain Tomato	\$ 2.80
Light Tasty Cheese & Tomato	\$ 3.80
Smoked Ham	\$ 3.20
Smoked Ham & Cheese	\$ 3.80
Tuna Light Mayo	\$ 3.80
Tuna Light Mayo & Cheese	\$ 4.20
Roast Chicken	\$ 3.80
Roast Chicken & Cheese	\$ 4.20
Roast Chicken, Lettuce & Light Mayo	\$ 4.20
<b>Salad sandwich</b>	\$ 4.20



lettuce, Carrot, Tomato & Cucumber

**Breads (G) Whole meal with Margarine**

Gluten Free Bread - \$1.50 Extra

### WRAPS (G) pre-order online only

Smoked Ham & Cheese	\$ 4.50
Roast Chicken, Lettuce & Light Mayo	\$ 5.00
Cheese, Tomato & Lettuce (V)	\$ 5.00
Salad (V)	\$ 5.00

### HOT WRAPS (G) - Burritos pre-order online only

Ham & Cheese Burrito	\$ 4.50
Roast Chicken & Cheese with Light Mayo sauce	\$ 5.00
Crumbed Fish & Cheese with Light Mayo sauce	\$ 5.00
Roasted Veggies with Cheese (V)	\$ 5.00
Roasted Veggies Chicken with Cheese	\$ 5.50



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### EVERY DAY SALAD (G) pre-order online only

<b>Garden Salad</b> (GF)(DF)(V)	\$ 4.50
<i>Lettuce, Tomato, Cucumber, Carrot, with light dressing</i>	
<b>Roasted Chicken w Garden Salad</b>	\$ 5.50
<i>Daily Roasted Chicken, Lettuce, Tomato, Cucumber, Carrot, with light dressing</i>	
<b>Chicken Caesar</b>	\$ 5.50
<i>Lettuce, Bacon, Egg, Cheese, Croutons, Caesar dressing</i>	
<b>Tuna Salad</b>	\$ 5.50
<i>Daily Roasted Chicken, Lettuce, Tomato, Cucumber, Carrot, with light dressing</i>	

### Special salads (G) - Seasonal summer only

**Apple pasta salad (v)** - apple, pasta, corns and greens and a light mayo dressing

**Special Chicken Mango Salad (DF)** mixed greens & homemade mango dressing

Our Canteen  
roasted 100% Real  
Chicken(H) for all of  
our Sandwiches,  
Wraps and Salads  
everyday



### WEEKLY SPECIALS DISH

Keep an eye out on the blackboard outside of the canteen for dish of the day.

*Some foods may not be available & may change according to season, weather or school events!*

#### HOT BITE (A) pre-order online only

Beef Meat Pie	\$ 4.50
Beef Meat Pie (GF)	\$ 6.00
Beef Meat Pie (Halal)	\$ 4.50
Sausage Roll	\$ 3.80
Sausage Roll (Halal)	\$ 3.80
Hot Dog (Friday only)	\$ 4.00
Chicken Gougon Nuggets (4) (H)	\$ 3.00
Home Made Pizza - Pineapple, Ham & Cheese,	
BBQ Chicken, cheese only (Tuesday only)	\$ 4.50

**BIRTHDAYS - CUPCAKES OR  
ICE-BLOCK BUCKETS  
ENQUIRE WITHIN  
CANTEEN!**

#### EVERY DAY HOT LUNCH (G) Constantly changing see in store

*Made fresh daily - see Menu board for more option*

Hokkien Noodles (V)(DF)	\$ 4.50
Macaroni Cheese (G)	\$ 4.50
Vegetarian Fried Rice (G)(GF)(V)(DF)	\$ 4.30
Chicken Fried Rice (G)(DF)	\$ 4.50
Homemade Honey Soy Chicken, veggie with rice (G)	\$ 4.50
Beef Bolognese (G)	\$ 4.50
Rice, seaweed and soy sauce (G)(GF)(DF)	\$ 4.30
Butter Chicken with rice (A)	\$ 4.50
Corn & Chicken Dumplings with Rice Noodle(G)(DF)	\$ 4.80
Corn & Chicken Dumplings with Soy Sauce(G)(G)	\$ 4.50

#### OTHER HOT FOOD

Poached Chicken noodle soup (G)with lovingly crafted homemade complex Broth	
Homemade Veggies lasagne (G)(V)	
Homemade Beef lasagne (A)	
Meat-Balls & Spaghetti (G)	

#### DRINKS (G)

Bottled Water (G)	\$ 2.00
Plan Milk 300ml (G)	\$ 2.00
<b>Just Juice box (G)</b> <i>Apple, Orange, Apple Blackcurrant</i>	\$ 2.00
<b>Flavoured Milk 300ml (G)</b> <i>Chocolate, Strawberry</i>	\$ 2.80
<b>GLEE Juice Bubbles</b> (99%Sparkling fruit juice) <i>Tropical, Blackcurrant and Raspberry</i>	\$ 2.50
Hot Chocolate (G)	\$ 2.50

Soups - (G) Winter only, all served with a dinner roll

*Home Made fresh daily -change every week*

Pumpkin Soup(V)	\$ 5.00
Sweet corn Veggies(V)(DF), or Chicken soup	\$ 5.00
Clear Chicken Veggie Broth (no dinner roll)	\$ 4.00

#### SNACKS and FROZEN TREATS

Frozen seasonal fruit (G) - from \$0.10 to \$1.00 (watermelon, pineapple, orange, grapes, strawberry)	
Moosies (GF)(frozen flavoured milk)	\$ 2.00
<b>Frozen Fruit Juice Cup (G)</b> - Apple, Pineapple and Apple Blackcurrant	\$ 1.20
Paddle pop	\$ 2.00
Frozen Snap Apart (G)(GF)(Fruity Juice Bar) Mango, grape, and assorted favourite	\$ 1.50
Seaweed Pack (V)	\$ 1.50
Popcorn Bag - (GF)(V)	\$ 1.50



**\*\* With your lunch order "Ice Cold Treats"  
should be collected from the canteen after  
the eating period \*\***

All lunch orders must be placed by 9:00am.

Canteen open Monday to Friday. Pre-order at ***Flexischools.com.au***

## DAILY SPECIALS

### MONDAY

Beef Lasagne with Snap Apart \$5.80

### TUESDAY

Home Made Pizza - Pineapple cheese, Ham & Cheese, BBQ Chicken, & cheese Only \$4.50

### WEDNESDAY

Corn & Chicken Dumplings with Rice Noodle(G)(DF) \$ 4.80

Corn & Chicken Dumplings with Soy Sauce(G)(6) \$ 4.50

### THURSDAY

Beef Bolognese (G) with Frozen cup \$ 5.50

### FRIDAY

Hot Dog with Tomato sauce \$ 4.00

Sushi Rolls - Cooked Tuna(GF), Teriyaki Chicken & Tofu Veggie (V) \$ 4.00

Sushi Baby Box - Cooked Tuna(GF), Teriyaki Chicken, Avocado(GF), Cucumber(GF) \$ 4.00



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**Cheese & Toastie cater a selection of HALAL CERTIFIED products as well as Gluten and Dairy Free items. Contact our canteen for special Dietary Requirements.**