

T3 LUNCH MENU

Grahamvale PS

Orders available
every
Wednesday &
Friday

THIS CHILDREN'S MENU HAS BEEN DEVELOPED TO MEET THE NATIONAL & STATE HEALTHY SCHOOLS CANTEEN GUIDELINES

Please Use the Schools Large Lunch Bags
These are only available from Your School's Office.

PLEASE TAKE YOUR **LUNCH ORDER BAG** TO THE OFFICE,
IF YOU HAVE ANY PROBLEMS ON **THE DAY YOU ORDER**

SORRY NO VARIATIONS TO PACKS

ON OCCASSIONS SUBSTITUTES WILL BE GIVEN IF SOME
PRODUCTS ARE SOLD OUT.

WEDNESDAY ONLY SPECIALS

Margarita Pizza \$3.70
Premium Beef PIE \$4.60
Pasta & Popcorn \$4.00

\$5.00 HOT DEALS

Snitzzy Roll & Yoyo \$5.00
Cheeseburger & Popcorn \$5.00
Available Wednesday & Friday

The Famous Super Pack - \$6.60

2 Sausage Rolls, + Sauce, + Hedgehog or Jelly or
Popcorn or Mini Muffin
Apple Juice or Plain Water or OJ or Choc or Straw Milk.
Small Super Pack - \$5.60
Same as Above but Contains 1 x Sausage Roll.

Family Discount for 3 Children

Place a family order of 3 Children together & Get the
lowest price lunch order ½ Price.
NOT available with Pies or any other specials.
ORDERS MUST BE TOGETHER TO RECEIVE DISCOUNT



Birthday Surprise

If it's your Birthday in the week you order LUNCH,
Let us Know by writing "It's My Birthday" with your BIRTH
DATE on your bag in RED PEN.
We will treat you with a small surprise.

EASTWOOD ORCHARD

**SPECIALIAST CATERER & EDUCATOR OF HEALTH
ALTERNATIVES**

Email – eastwd@bigpond.net.au

Brain Food

SALAD Wrap or Roll	\$3.60
CHEESE & VEGEMITE Wrap or Roll	\$3.60
CHICKEN & Salad Wrap or Roll	\$3.90
HAM & Salad Wrap or Roll	\$3.90
EGG & Lettuce Wrap	\$3.90
ADD CHEESE	\$0.40
HAM & CHEESE Wrap or Roll (No SALAD)	\$4.10

RICE PAPER ROLLS

(Gluten & Dairy Free)	\$4.20
With Chicken & Salad	
Extra Plum Dipping Sauce	\$0.40

SIMPLY SIMON SANDWICHES

Special Sandwich Shapes with vegemite **\$2.90**

Hot Stuff

Sausage Roll x 1 (with sauce)	\$2.70
Sausage Rolls x 2 (with sauce)	\$4.30
Egg & Bacon Pie	\$4.10
Mini Sweet Potato & Spinach Tart (V)	\$2.30
BURGERS –	\$4.10

Cheese Burger -Burger, Lettuce, Cheese, Sauce.

All Other Burgers Come with Salad, Cheese & Sauce

Beef Burger –Burger, Salad, Sauce

Hashbrown Burger – Hashbrown, Salad, Sauce.

Mini Dimmy Pack - \$3.60

5 Oven Baked Mini Dim Sims & Soy Sauce

**SNITZY ROLL –Chicken Snitzel in a roll
with Lettuce cheese and tomato sauce \$4.10**

Warm Chicken Tender Wrap \$4.20
(Oven Baked. Lettuce, Mayo & Cheese)

PASTA BAKE (V) – \$3.90

Homemade Pasta Sauce & cheese

SUPER POTATO PIE \$4.80
Sauce \$0.40

Little Treats

Popcorn	\$1.60
Triple Choc Mini Muffin	\$1.60
Vanilla Yoyo	\$1.90
Messy MONKEY Burger Rings (G/F & D/F)	\$1.90
Rainbow Jelly with Fruit (GF & DF)	\$2.00
Happy Hedgehog – High Fibre	\$2.00

**NEW
NEW**

ALL Sorts of Drinks (all GF)

Bottle Water - Plain	\$1.60
Plain Milk -	\$1.70
100% Apple Juice (A/J)	\$1.90
100% Orange Juice (O/J)	\$1.90
Pineapple Juice (P/J)	\$2.00
Chocolate Milk	\$2.30
Strawberry Milk	\$2.30
V8 JUICE -	\$2.40
Coolridge Berry Flavoured Spring Water	\$2.60

LUNCH ORDER INSTRUCTIONS

PLACE FOLDED LUNCH BAG INTO LUNCH TUBS BY 9AM

Bag Opening at the top

Ben Smith

Room 6

1 x Super Pack \$6.60

2 x S/Rolls, Hedgehog & Plain
Water

Enclosed \$7.00 Change = 40cents

PLACE Money in Bag

Please do not wrap in foil or gladwrap.

FOLD THE BAG into 4

Never Tape or Staple the bag shut,

**as this tears the bag when
removed.**

Staples are also very dangerous around food.

Late Lunch Orders are not accepted

LARGE SCHOOL LUNCH BAGS- Bags are ONLY available from the School's office. **Small Bags from the supermarket are too small.** When small bags are used, lunches often don't fit or fall out. Children then get their orders mixed up. PLEASE ALWAYS use the schools LARGE LUNCH BAGS.

PAYING FOR 2 or MORE ORDERS TOGETHER - Write out each order as above on a separate bag. Place Orders **together**. One inside the other.

FAMILY DISCOUNT – **When 3 orders are Placed Together.** Write out each order as above on a separate bag. Place all orders together, inside one of the bags. Discount is given on the lowest price order. Discount is not available on pies or specials.

BIRTHDAYS – If it's your birthday in the week you order LUNCH, we will treat you to a small surprise. Make sure you write **"It's My Birthday"** & **your Birth Date** in red pen on the bag to let us know.

ALLERGY SUFFERERS- Write out order as above. Write in **RED BOLD letters** PEANUT ALLERGY or GLUTEN FREE or DAIRY FREE. Please contact us by email if you require a special Gluten Free menu. Please include Child Name, School and year Level.

PROBLEMS WITH ORDERS – If a child thinks that something is missing or their order isn't right please remind them to take their bags up to the office on the day they order. Any problems are then sorted quickly and easily.

ITEMS SOLD OUT – On occasions we do sell out of some products. Substitutes may be given when items are sold out.

MENU IDEAS – Email your healthy recipe or menu ideas to eastwd@bigpond.net.au