

MENU

LISMORE HEIGHTS CANTEEN

Pre-order via Flexischools

Cut off: Thursday 6pm

OR

Cash on the day

@ canteen counter from 8:45am



MEALS

Lunch Pack

Sausage Roll	\$ 4.00
Spinach & Cheese Roll	\$ 3.50
Homemade Spag Bol	\$ 4.00
Meatball Sub	\$ 4.00
Pizza -Cheese, Pepperoni or Hawaiian	\$ 3.50
Nachos -Beef or Bean	\$ 5.00
Sushi -Chicken Teriyaki or Avo	\$ 4.50
Rice Bowl -Chicken Teriyaki or Avo	\$ 5.00
Rice Paper Roll -Chicken & Mayo	\$ 4.00



SANDWICHES, WRAPS, TOASTIES | SNACKS

Vegemite <u>or</u> Jam	\$ 2.00	Smith Chips	\$ 2.00
Vegemite & Cheese	\$ 2.50	Grain Waves	\$ 2.00
Cheese	\$ 3.00	Pretzels	\$ 2.00
Cheese & tomato	\$ 3.50	Popcorn Cup	\$ 2.00
Ham & Cheese	\$ 4.00	Cheese & Crackers	\$ 2.00
Ham & Cheese & Tomato	\$ 4.50	Fruit Salad	\$ 2.00
-Add salad to any sandwich or wrap	\$ +1.00	Garlic Bread	\$ 1.00

Veggie Sticks	\$ 1.00
-add hummus	\$ 1.00
Chips & salsa	\$ 2.00
Chips & Guac	\$ 2.00
Icy Pole	\$ 1.00



DRINKS

Milk	\$ 2.00
-Plain, Choc, Strawberry	
Juice Popper	\$ 2.00
-Apple, Orange, Blackcurrant	
Juice Bomb	\$ 3.00
-Watermelon, Grape, Lemonade, Apple/Raspberry, Apple/Blackcurrant	

The canteen is volunteer-run by the P & C.
For volunteer enquiries, please contact the canteen manager @ 0428 658 419

All volunteers receive free lunch & a treat for their kids