



Courtenay Gardens Primary School

Open Wednesday, Thursday, Friday

Please write your child's name, class and lunch order with prices on a suitable sized new lunch bag or add 0.20 for provided bag

HEARTY HOT FOOD

Twister Bolognese 97% fat free	\$4.50	☺☺☺
Macaroni Cheese 97% fat free	\$4.50	☺☺☺
Chicken Fried Rice 97% fat free	\$4.50	☺☺☺
Dim Sims Steamed	\$1.00	☺☺☺
Potato Scallop - recess only	\$1.00	☺☺
Hot Noodles Chicken or Beef	\$3.00	☺☺
Chicken crumbed tender	\$2.10	☺☺GF
Hot Dog	\$3.60	☺☺
Beef Cheese Burger with Lettuce and Sauce	\$5.00	☺☺☺
Chicken and Cheese Burger with Lettuce & Mayo	\$5.00	☺☺☺
Gluten Free Hot Dog (no roll)	\$3.00	☺☺GF
Chicken Breast Nugget - Bag of 3	\$3.30	☺☺
Chicken Breast Nugget - Bag of 6	\$5.50	☺☺
Corn Cobbette	\$1.00	☺☺☺
100% Vegetable Pastie	\$4.50	☺☺☺ V
Good Eating Beef Pie	\$4.50	☺☺
Good Eating Sausage Roll	\$4.00	☺☺
Good Eating Snack Party Pie	\$1.00	☺☺

All pies heart foundation approved, low GI, reduced fat

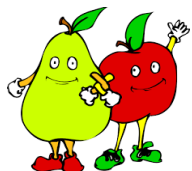
TASTY JAFFLES

Baked Bean and Cheese	\$3.40	☺☺☺ V
Spaghetti	\$3.00	☺☺☺ V
Cheese	\$3.00	☺☺☺ V
Ham and Cheese	\$4.00	☺☺☺

SPECIAL SNACKS

Cobs popcorn, Sea Salt or Slightly Sweet	\$1.60	☺☺GF
Red Rock Chips Honey/Soy	\$1.60	☺☺
Chips Sea Salt	\$1.60	☺☺GF
Home Style Cookies	\$2.20	☺☺
Gingerbread	\$1.60	☺☺
Ovalteenies	\$1.20	☺☺
Homemade Mini Muffin	\$1.00	☺☺
Veggie Cup with Dip	\$2.00	☺☺☺GF
Seasonal Fruit Cup	\$2.00	☺☺☺GF
Mamee Rice Sticks Chicken	\$1.00	☺☺GF

☺☺☺ Every Day Foods
 ☺☺ Select Carefully foods
V Denotes Vegetarian
GF Denotes Gluten Free.



PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

TURN OVER FOR OUR SPECIAL MEAL DAYS

SUPER SANDWICHES AND SALADS

Sandwich		
Vegetite	\$2.10	☺☺☺ V
Cheese	\$2.30	☺☺☺ V
Ham (97% fat free)	\$3.00	☺☺
Ham (97% fat free) and Salad	\$4.00	☺☺
Ham & Cheese	\$3.50	☺☺
Tuna & Salad	\$4.00	☺☺☺
Roast Chicken	\$3.50	☺☺☺
Roast Chicken & Salad	\$4.50	☺☺☺
Fresh Salad (lettuce,cucumber,tomato,carrot)	\$3.50	☺☺☺ V
Egg & Lettuce	\$2.80	☺☺☺ V
Rolls or Wraps extra	\$0.60	
***All sandwiches on wholemeal bread *** White/Multigrain bread available on request		
FRESH MADE SALAD BOXES		
Mixed Salad (lettuce,cucumber,tomato,cheese,carrot)	\$4.50 Regular	☺☺☺GF
Add beetroot	\$0.50	
Add egg	\$0.50	
Add Tuna, chicken or ham	\$1.00	

EXTRAS

Salad Dressing Tub	\$0.50	☺☺
Tomato Sauce	\$0.30	☺☺
LUNCH BAGS	\$0.20	

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

DRINKS

600ml Water	\$2.00	☺☺☺GF
250ml Milk (Low Fat)	\$2.70	☺☺☺GF
Chocolate, Strawberry		
100% Fruit Juice 250ml	\$2.70	☺☺☺GF
Orange or Apple		
Aqua Fruits Flavoured Springwater	\$2.70	☺☺GF
Cola, Blue Heaven, Apple Raspberry or Lemonade		

FROZEN TREATS

Frozen 100% Juice Tubes	\$1.00	☺☺☺GF
Frozen Skim Milk Tubes (Choc or Blue)	\$1.70	☺☺☺GF
Frozen Pineapple, Watermelon or Orange Slice	\$0.60	☺☺☺GF
Frozen Yoghurt Tubs Strawberry	\$2.30	☺☺☺GF
Streets Choc Shake Cup	\$2.30	☺☺
Streets Paddle Pop	\$2.00	☺☺

Bring lunch bag back to canteen to pick up your ordered frozen treat

EVERYDAY SPECIAL LUNCH PACK

Salad Sandwich		
Slice of Fruit	\$5.50	☺☺☺
Mini Muffin		
Water		

EFFECTIVE FEBRUARY 2020

IF YOUR CHILD HAS ANY FOOD ALLERGIES PLEASE CLEARLY MARK BAG