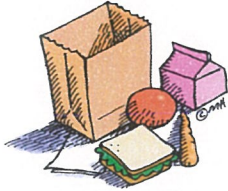


THE LYREBIRD Cafe MENU

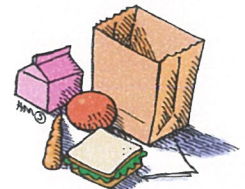


THARAWAL PRIMARY SCHOOL CANTEEN MENU

2019

Monday - Thursday
Friday

Recess 11:00am - 11:20am & Lunch 1:00pm - 2:00pm
Lunch ONLY 11:00am - 12:00pm



Canteen Supervisors:
Susanne Moore-Shewan
Colleen Jenkin

0411 151 679 Mon Wed Fri
0415 657 252 Tue Thur Fri

EVERYDAY SANDWICHES / WRAPS / ROLLS

Vegemite	2.00
Jam	2.00
Cheese	2.50
Cheese & Tomato	3.00
Cheese & Vegemite	3.00
Cheese & Salad	5.50
Ham	4.00
Ham & Tomato	4.50
Ham & Cheese	4.50
Ham, Cheese & Tomato	5.00
Ham & Salad	6.00
Chicken	4.00
Chicken, Lettuce & Mayo	4.50
Chicken & Salad	6.00
Tuna	4.00
Tuna & Mayo	4.50
Tuna & Lettuce & Mayo	4.50
Tuna & Salad	6.00
Salad (Lettuce, Tomato, Cucumber, Carrot, Beetroot)	5.00
Wraps	additional 50c
Toasted	additional 50c
Gluten Free Wraps GF	additional \$1.00

EVERYDAY SALAD BAR / BENTO BOX

Garden Salad - GF (Lettuce, tomato, cucumber, carrot, beetroot)	5.00
Chicken Salad (Roast Chicken, lettuce, tomato, cucumber, carrot, beetroot & mayo)	6.00
Tuna Pasta Salad (Tuna, pasta, peas & mayo)	6.00
Ham Salad - GF (Ham, lettuce, tomato, cucumber, carrot, beetroot) Plus cheese	6.00 0.50
BENTO BOX GF (Carrot sticks, cucumber sticks, cherry tomatoes, cheese bites, crackers, dip)	6.00

EVERYDAY HOT FOOD

Beef Burger (Beef Patty, lettuce, tomato, sauce)	5.00
Chicken Burger (Chargrilled chicken breast fillet, lettuce & mayo)	4.50
Hot Chicken Roll (Roast chicken & BBQ sauce)	4.50
Pasta Bolognese	4.00
Fried Rice	4.00

OCCASIONAL HOT FOOD

Chicken Nuggets (5) - GF	4.50
Chicken Tenders (2) - GF	4.00
Potato Wedges	4.00
Lean Sausage Roll 110g	3.50
Margherita Slab Pizza 150g	3.50

Food brought in from home:

Please supply own cutlery
Toasting : \$1.00
Warm-up: 50c



EVERYDAY FROZEN ITEMS

Frozen 100% Juice Cup 110ml - Apple/Orange/Apple Blackcurrant	1.00
Frozen Juicies (pouch) - 100% fruit juice (mixed variants)	0.50

EVERYDAY SNACKS

Bread Sticks - 3 (Plain or Pizza)	0.50
Vegetable sticks (seasonal)	2.00
Fruit Cups	1.50
Milo Cereal Pouches	0.50
Yoghurt - Vanilla or Strawberry	2.00
Uncle Toby's Fruit Bites	0.50

EVERYDAY DRINKS

Water 600ml	2.00
Plain Milk 250ml	2.00
Nippy's Chocolate Milk 250ml	2.00
Nippy's Strawberry Milk 250ml	2.00
Nippy's 100% Orange Juice 250ml	2.00
Nippy's 100% Apple Juice 250ml	2.00
Sanitarium Up & Go Chocolate 250ml	2.50
Sanitarium Up & Go Vanilla 250ml	2.50
Plain Milk with Flavoured Sipahh Straw 200ml	1.00
Fruchilla Natural 100% Fruit Juice Slushie 200ml	2.00

OCCASIONAL FROZEN ITEMS

Ice Cream Cup - Vanilla 100ml	1.00
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OCCASIONAL SNACKS

Mammee Noodle Snack Chicken 25g	1.00
Red Rock Deli Chips Sea Salt 28g	1.50
Air-popped Popcorn Lightly Salted 20g	1.00

STICKYBEAKS GREEN LUNCH BAGS

Eco-friendly alternative to paper / plastic bags used to order school lunches. They're durable and reusable with a safe, hygienic option for money. Now available in **ORANGE** binding with alert symbol for students with a food allergy.



COST: \$10.00

Due to circumstances beyond our control, some items may not be available. We shall endeavour to replace them with a suitable substitute.

For students with food allergies or intolerances, please see the Canteen Supervisors prior to placing an order for us to cater for any special dietary requirements.

Our school canteen menu has been recognised as a "Great Choice Healthy School Canteen" meaning that it meets the NSW Healthy School Canteen Strategy.