

# THE LYREBIRD Cafe

Tharawal Primary School Canteen Menu  
Term 4 2016

Open Monday – Thursday  
Recess 11:00-11:20 & Lunch 1:00 – 2:00

Friday Lunch ONLY 11:00-12:00

Our aim is to provide a healthy mix of nutritious food for our students. Encourage smart choices for a healthy diet.

Healthy Choices – Always on the Menu  
Select Carefully

Only order advertised Fun Packs on a Friday.  
Full Canteen Menu available Mon – Thurs

Place money in Stickybeaks Lunch Bag with your order or in brown lunch bag clearly labelled.

Change will be given if needed.

Orders must be handed in or placed in the Canteen 'mailbox' before Recess each day or directly to the Canteen on a Friday morning in respective class baskets.

## STICKYBEAKS GREEN LUNCH BAGS




















Eco-friendly alternative to paper or plastic bags used to order school lunches.

They're durable and reusable with a safe, hygienic option for money. Now also available in ORANGE binding with alert symbol for students with a food allergy. **COST: \$10-00**























Canteen Supervisors:

Susanne (Mon Wed Fri) 0411 151 679  
Colleen (Tue Thurs Fri) 0415 657 252

FRESH SANDWICH – WRAP 'N ROLL BAR		
Available on White or Wholemeal		
<b>FILLINGS:</b>		
	Vegemite	\$1.50
	Honey	\$1.50
	Ham	\$3.00
	Cheese	\$2.00
	Cheese & Tomato	\$2.50
	Chicken	\$3.50
	Chicken, Lettuce & Mayo	\$4.00
	Chicken & Salad	\$4.50
	Tuna & Mayo	\$3.50
	Tuna & Salad	\$5.00
	Egg	\$3.00
	Egg, Lettuce & Mayo	\$3.50
	Salad	\$4.00
	(Lettuce, tomato, cucumber, carrot, beetroot & cheese)	\$4.00
SALAD BAR		
	Garden Salad	\$4.50
	(Lettuce, tomato, cucumber, carrot, beetroot & cheese) <b>GF</b>	\$4.50
	Chicken Salad	\$5.50
	(Roast Chicken, lettuce, tomato, cucumber, carrot, beetroot & mayo) <b>GF</b>	\$5.50
	Tuna Salad	\$6.00
	(Tuna, lettuce, tomato, cucumber, carrot, beetroot & mayo) <b>GF</b>	\$6.00

Wraps - additional 50 cents  
Toasted - additional 50 cents  
Gluten Free Bread **GF** - additional \$1.00



HOT FOOD		
	Chicken Burger (Chicken tender, lettuce/tomato & mayo)	\$3.50
	Hot Roast Chicken Roll	\$3.50
	Twista Pasta Bolognese	\$3.50
	Lean Beef Party Pies	\$3.00
	Lean Sausage Roll	\$2.80
	Chicken Tenders <b>GF</b>	\$3.00
	Chicken Breast Nuggets <b>GF</b>	\$3.50
	Ham & Cheese Pizza	\$2.50
	Tomato Sauce Portion	20c
DRINKS		
	Natural Spring Water 350ml	\$1.50
	Plain Low Fat Milk	\$1.50
	Flavoured Low Fat Milk 250ml (Chocolate, Strawberry) <b>GF</b>	\$2.00
	100% Fruit Juice 300ml (Apple, Orange) <b>GF</b>	\$2.00
SNACKS		
	Seasonal Fruit <b>GF</b>	50c - \$1.00
	Vegetable Sticks <b>GF</b>	50c - \$1.00
	Low Fat Vanilla Custard Cup	\$1.00
	Low Fat Fruit Yoghurt Cup	\$1.00
	Popcorn <b>GF</b>	\$1.00
	Mamee Noodles	\$1.00
	Sumo (Mini Oreo's)	50c
FROZEN TREATS		
	Home Ice Cream Scooby Doo (Chocolate, Banana, Caramel) <b>GF</b>	\$1.50
	Home Ice Cream Natural Water Ices <b>GF</b>	\$1.00
	Frozen Juice Cup <b>GF</b>	\$1.00
	(Apple Blackcurrant, Apple or Orange)	\$1.00

**GF = Gluten Free**



Canteen specials and Recess items will be advertised in the Tharawal Tales and/or on the Canteen blackboard.

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.