



JAC'S LUNCH BOX MENU 2017



Sandwiches - Made your way

Please choose fillings listed only, and total carefully.

(Term 4)

Orders are available **Mon, Wed and Fri**.

Please use an envelope with your child's name and room number on it. **Please total your order carefully.**

The smiley face indicates that these are **Green – Every Day** healthy menu choices.

Example order

Student Name:	Room:
Ham and Salad Sandwich	\$4.40
Juice Box: Orange	\$2.00
Total:	\$6.40

1 – Your Base

Sandwich with margarine	\$2.00
Bread roll with margarine	\$2.50
Multigrain or wholemeal bread available by request	
Toasted sandwiches also available, please specify on order	

2 – Add on your fillings

Salad	\$1.20
Lettuce, carrot, cucumber and tomato	
Tomato / Lettuce	\$0.30
Chicken	\$1.60
Tuna	\$1.00
Egg	\$1.00
Beetroot	\$0.40
Avocado	\$1.00
Ham	\$1.20
Cheese	\$0.50
Pickles	\$0.20
Vegemite	\$0.50

3 – Write your order clearly on your envelope, and carefully total your order.

Hot Food

Nacho's (Salsa, Avocado, Sour cream)	\$5.00
Lasagne	\$4.50
Hot Chicken Mayo Roll	\$4.50
Traveller Beef Pie	\$3.50
Sausage Roll King size	\$3.50
Hot Dog	\$3.00
Pizza Roll (Tomato sauce, Ham, Cheese)	\$2.50
Franks 6	\$4.00
Franks 3	\$2.00
Steamed Dim Sims	\$0.60

Please specify if you would like sauce, no extra charge
Tomato, BBQ, Mayo, Mild mustard, Soy

Snacks

Sultanas	\$1.00
Hard boiled eggs	\$0.60
Vegetable sticks	\$1.00
Small zip lock bag of 3-5 carrot & celery sticks	
Fresh fruit (seasonal choice)	\$1.00
Cheese & vegetable sticks	\$1.50
Dip tubs for vegetable sticks (hummus or tzatziki)	\$1.00
Jelly and fruit cup (small plastic cup)	\$2.00
Two fruits cup (small plastic cup)	\$2.00
Popcorn	\$1.50

Drinks

Water	\$1.00
Plain milk – 200ml	\$1.80
Milk sm. – chocolate, strawberry, honeycomb	\$2.50
Milk lg. – chocolate, strawberry, honeycomb, banana	\$3.50
Juice boxes	\$2.00
Orange, Apple, Apple & Blackcurrant	

Frozen Treats

Frozen yoghurt	\$2.50
Choc/Vanilla or Strawberry/Vanilla Bean	
Frozen Orange Cruncha	\$1.50

Please Note -- If your child has any special dietary needs please let me know and we can organise alternate items for their needs. Contact me via email at jacslunchbox@gmail.com