**LSHS MENU 2017**

### AVAILABLE MONDAY - FRIDAY

**SANDWICHES**
Wholegrain bread
Lettuce, carrot, cucumber, tomato  4-00

With One Protein option
Roast beef, Chicken, Ham, Tuna, Egg (plain or curried)  5-00

**EXTRAS**
Optional
Cheese, beetroot, avocado mayo  .50 ea

**ROLLS & WRAPS**
EXTRA -50 ea

### AVAILABLE MONDAY FRIDAY

**DAILY SPECIALS BOARD**
Spaghetti bolognaise  4-50
Butter chicken (curry) & rice  5-00
Beef Curry & rice  5-00
Beef Chow Mien  4-50
Chicken Hokkien noodles  5-00
Fried rice vegetarian  4-50
Macaroni cheese vegetarian  4-50
Hot soup (term 2 & 3)  3-00

**HOT MEALS**

**FRUIT TRAYS**
(seasonal fruit)  Market price
SUSHI  4 piece,  5.00

**EXTRAS**
Optional
Cheese, beetroot, capsicum, ½ egg

**LUNCH HOT FOOD**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tue &amp; Thur</th>
<th>Wednesday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Nachos con carne</td>
<td>5.00</td>
<td>Hot Dog &amp; sauce</td>
<td>4.00</td>
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<tr>
<td>Pastries</td>
<td>from 3-00</td>
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Pastries: Good Eating sausage roll, cruiser pie, beef pie, Four n Twenty Light traveller pie, sausage roll

### TUESDAY & THURSDAY

**Assorted Pastries,** from 3-00

**HALAL**  also available

**DRINKS**

Plain milk sm  2-00
Soy milk  2-00
Flavoured milk lg  3-60
Water bottle  2-00
Juice box  1-50
LOL  2-20
Up & go  2-00
Hot milo (term 2 & 3)  2-00

Lunch orders taken from 8.30 - 11.00

To AVOID DISAPPOINTMENT please Order your lunch

Prices may change without notice

Hot Meals are made on site

WASCA Guidelines for Healthy eating