 Lynwood Senior High School – **Canteen Menu 2021**  ***Eftpos available***

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**MONDAY - FRIDAY**

**SALAD TRAYS - Please Order Ahead**

Plain Salad

Lettuce, carrot, tomato, cucumber Small $4.00

With one Protein option:

Chicken, Ham, Roast Beef, Tuna, Egg Small $5.50

Chicken Caesar Salad $5.50

Sushi - 4 pieces $5.50

 **MONDAY - FRIDAY**

 **SANDWICHES** Wholegrain bread

 Lettuce, carrot, cucumber, tomato $3-00

 With one Protein option:

 Roast beef, chicken, ham, tuna,

 Egg (plain or curried) $4-00

 **Optional Extras**

 Cheese, beetroot, avocado, mayo.50 ea

 **ROLLS & WRAPS Add** .80 ea

**MONDAY - FRIDAY**

**Chilli Chicken Salad Wrap** $5.50

2 chicken tenders, lettuce, tomato

Carrot, cucumber & mayo

 **Burgers** $5.50

Chicken, Beef, Fish, Vege, lettuce, tomato, cucumber, carrot, mayo or sauce

**TUESDAY & THURSDAY**

Assorted Pastries from $3.00

***HALAL also available***

**HOT MEALS - DAILY SPECIALS**

Spaghetti Bolognaise **All $5.50** Butter Chicken Curry & Rice

Beef Lasagne

Vegetarian Lasagne

Macaroni Cheese (v)

***Term 2 & 3 – HOT Soup $3.00***

**DRINKS
$2.00**

Plain Milk Soy Milk

Water bottle Up & Go

Juice Box $2.00

Flavoured Milk $2.50 / $4.00 large

***Term 2 & 3*** ***-*** ***HOT Milo $2.00***

**RECESS 1
Different selection each day**

Plain cheesie $1.50 Pizza cheesie $2.00 Muffins $3.50

 Fresh fruit tub $3.00 Fresh fruit $1-00 Chicken nuggets $3.00 Milo bar $1-50 Yogurt $2-00

 *Nuggets include sauce*

**RECESS 2 Orders from 8.30 - 11.00**

**AVOID DISAPPOINTMENT
Order your lunch ☺**

Prices may change without notice

Hot Meals are made on site

WASCA Guidelines for Healthy eating

**RECESS 2 - HOT FOOD**

 **Monday Tuesday & Thursday Wednesday Friday**

Nachos Con Carne $5.50 Hot Dog & Sauce $4.00 Loaded Wedges $5.00 Fish, Chips, Salad $5.50

 Pastries from $3.00

**Pastries**: Sausage Roll, Cruiser Pie, Beef Pie, Potato Top Pie, Vegetarian Option, Halal Pie & Sausage Roll

 **ICE CREAMS at RECESS 2 ONLY from $1.00**

 Paddle Pop, Choc, Rainbow, Vanilla bucket, Slushies, Icy Fruit Stick