

# CHEESE & TOASTIE

## - HEALTHY FOOD GUIDELINES -

- G** Green - fill the menu
- A** Amber - select carefully
- GF** Gluten Free
- DF** Dairy Free
- V** Vegetarian      **H** Halal Certified

### BREAKFAST & RECESS

Fresh Seasonal Fruit (G)(GF)(DF)	\$ 1.50
Cheese & Toastie triangle (G)	\$ 1.60
Cereal Cup (G)(DF)	\$ 1.30
Yoghurt (G)(GF)	\$ 1.30
Yoghurt & Muesli (G)	\$ 1.80
Yoghurt & Berries (G) (GF)	\$ 1.80
1/2 Banana Bread slice (A)	\$ 1.80
Slinky Apple (G)(GF)(DF)	\$ 2.00
Cheese and Crackers(G)	\$ 2.20
Veggie Sticks with hummus (GF)(H)	\$ 2.50
Watermelon Cup (G)(GF)(DF)	\$ 3.00
Mini muffin (A) - assorted flavours	\$ 1.50
Cereal with Milk (G)	\$ 3.00
Hot Chocolate(G)	\$ 2.70

### SUSHI - (G) pre-order online only

<b>Sushi Rolls</b> - Cooked Tuna(GF), Teriyaki Chicken & Tofu Veggie (V)	\$ 4.60
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## Lindfield East Public School Canteen Menu - 2024

### SANDWICH BAR (G) pre-order online only

Honey, Vegemite, or Jam	\$ 2.50
Vegemite Cheese	\$ 4.00
Light Tasty Cheese	\$ 3.50
Plain Tomato	\$ 3.00
Light Tasty Cheese & Tomato	\$ 4.00
Smoked Ham	\$ 3.60
Smoked Ham & Cheese	\$ 4.60
Roast Chicken	\$ 4.20
Roast Chicken & Cheese Lettuce	\$ 6.00
Roast Chicken, Lettuce & Light Mayo	\$ 5.00



**Breads (G) Whole meal with Margarine**  
Gluten Free Bread - \$1.50 Extra

### WRAPS (G) pre-order online only

Smoked Ham & Cheese	\$ 5.50
Roast Chicken, Lettuce & Light Mayo	\$ 5.50
Cheese, Tomato & Lettuce (V)	\$ 5.20

### HOT WRAPS (G) - Burritos pre-order online only

Ham & Cheese Burrito	\$ 5.30
Roast Chicken & Cheese with Light Mayo sauce	\$ 6.00
Sweet Chili Chicken	\$ 6.00



Healthy Canteen  
Operators & Catering  
Services

### EVERY DAY SALAD (G) pre-order online only

<b>Garden Salad</b> (GF)(DF)(V)	M \$3.80
<i>Lettuce, Tomato, Cucumber, Carrot, with light dressing</i>	L \$5.00
<b>Roasted Chicken w Garden Salad</b>	\$ 6.50
<i>Daily Roasted Chicken, Lettuce, Tomato, Cucumber, Carrot, with light dressing</i>	
<b>Chicken Caesar</b>	\$ 6.50
<i>Lettuce, Egg, Cheese, Croutons, Caesar dressing</i>	
<b>Tuna Salad</b>	\$ 6.50
<i>Lettuce, Tomato, Cucumber, Carrot, with light dressing</i>	

### Special salads (G) - Seasonal summer only

**BBQ pork and apple salad (DF)** - our home-marinated BBQ pork with apple and greens and a light fish sauce dressing

Special **Chicken Mango Salad (DF)** mixed greens & homemade mango dressing

Our Canteen roasted  
100% Real Chicken  
for all of our  
Sandwiches, Wraps  
and Salads everyday



### WEEKLY SPECIALS DISH

Keep an eye out on the blackboard outside of the canteen for dish of the day.

Some foods may not be available & may change according to season, weather or school events!

#### Occasional items (A) pre-order online only

Beef Meat Pie	\$	5.00
Beef Meat Pie (GF)	\$	6.50
Beef Meat Pie (Halal)	\$	5.00
Sausage Roll	\$	4.20
Sausage Roll (GF)	\$	5.50
Sausage Roll (Halal)	\$	4.20
Hot Dog (Friday only)	\$	4.80
Chicken Gougon Nuggets (4) (H)	\$	4.00
Home Made Pizza - Pineapple, Ham & Cheese,	\$	4.50
BBQ Chicken (Tuesday only)		

**BIRTHDAYS - ICE-BLOCK  
BUCKETS  
ENQUIRE WITHIN  
CANTEEN!**

#### EVERY DAY HOT LUNCH (G) Constantly changing see in store

Made fresh daily - see Menu board for more option

Vegetarian Fried Rice (G)(GF)(V)(DF)	\$	5.00
Chicken Fried Rice (G)(DF)	\$	5.30
Pasta Napoletana (G)	\$	5.20
Rice, seaweed and soy sauce (G)(GF)(DF)	\$	5.20
Macaroni Cheese (G)	\$	5.30
Chicken Noodle soup(G)	\$	5.80
Our <b>noodle soup</b> cooked with lovingly crafted homemade complex Broth'		

#### DRINKS (G)

Bottled Water (G)	\$	2.50
Plan Milk 300ml (G)	\$	2.00
Just Juice box (G)	\$	2.50
Apple, Orange, Apple Blackcurrant		
Flavoured Milk 300ml (G)	\$	3.20
Chocolate, Strawberry		
GLEE Juice Bubbles (99%Sparkling fruit juice)	\$	2.80
Tropical, Blackcurrant and Raspberry		
Hot Chocolate (G)	\$	2.70

#### Soups - (G) Winter only, all served with a dinner roll

Home Made fresh daily -change every week

Pumpkin Soup(V)	\$	5.00
Sweet corn Veggies(V)(DF), or Chicken soup	\$	5.00
Clear Chicken Veggie Broth (no dinner roll)	\$	4.00

#### SNACKS and FROZEN TREATS

Frozen seasonal fruit (G) - from \$0.30 to \$1.00 (watermelon, pineapple, orange, grapes, strawberry)		
Moosies (GF)(frozen flavoured milk)	\$	2.30
<b>Frozen Fruit Juice Cup (G)</b> - Apple, Pineapple and		
Apple Blackcurrant	\$	1.80
Paddle pop	\$	2.50
Popcorn Bag - (GF)(V)	\$	2.50



**\*\* With your lunch order "Ice Cold Treats" should be collected from the canteen after the eating period \*\***

**Cheese & Toastie cater a selection of HALAL CERTIFIED products as well as Gluten and Dairy Free items. Contact our canteen for special Dietary Requirements.**

All lunch orders must be placed by 9:00am.

Canteen open Monday to Friday. Pre-order at **Flexischools.com.au**