

TERM 2, 2017 Canteen Menu



ST LUKE'S
GRAMMAR SCHOOL

DEE WHY

St Luke's has a commitment to healthy eating and will serve fresh foods in the Canteen. Processed foods with a high sugar/salt/fat content are not served. Products declaring nut traces are only available in sealed portions.

Please call Karen Uren on 9438 6248 [School hours] if you have any dietary queries.

BREAKFAST

SERVED 7:30am - 8:30am daily

- \$3.00 Toasted sandwich – ham & cheese
- \$2.00 Toast or fruit toast [with jam, honey, Vegemite]
- \$2.50 Organic Yoghurt with seasonal fruit and homemade granola (Small \$2.50 / Large \$5.00)
- \$1.50 Yoghurt - strawberry, vanilla
- \$2.00 Hot chocolate
- \$3.00 Fruit Smoothies - Small
- \$4.50 Fruit Smoothies - Large

DRINKS

- \$1.50 Fresh juice [apple, orange, apple/blackcurrant] - 200 ml
- \$2.00 Fresh plain milk - 600 ml
- \$1.00 Fresh plain milk - 300 ml
- \$2.50 Flavoured milks - chocolate, strawberry
- \$1.50 Flavored Mineral Water (Lemon & Lime, Orange & Mango) 375ml
- NOTE: Water. Students are encouraged to bring their own water bottle and use the refill stations at School.

RECESS

PLEASE NOTE, RECESS ITEMS CANNOT BE PRE-ORDERED

- \$3.00 Guacamole [served with corn chips or vegetable dippers] **V GF**
- \$3.00 Hommus Dip [served with corn chips or vegetable dippers] **V GF**
- \$1.00 Warm cheese and bacon rolls
- \$0.50 Oven baked mini Spring Rolls w/ sweet chilli sauce or soy [max 4 per person]
- \$1.00 Pastizi [filled, baked pastries] various fillings
- \$5.50 Fruit salad - Large [with vanilla yoghurt - add 20c] **V GF**
- \$4.00 Fruit salad - Small [with vanilla yoghurt - add 20c] **V GF**
- Sandwiches – selection from main menu

COLD FOOD

ALL SANDWICHES SERVED ON WHITE OR WHOLEMEAL BREAD. [Please order only selected combinations]

- \$2.00 Junior sandwiches [ham or cheese or Vegemite]
- \$2.50 Ham & cheese
- \$3.50 Sushi roll [tuna & avocado **GF**, chicken schnitzel, avocado] **V GF**
- \$3.50 Mini sushi pack [3 cucumber, 3 tuna, 3 avocado] **GF**
- \$3.50 Three pack of fresh salmon nigiri **GF**
- \$6.00 Teriyaki Chicken Rice Paper rolls (twin pack)

GOURMET SANDWICHES

- \$3.50 Ham, Cheese, Tomato and Pesto
- \$3.50 Mexican Chicken with Guacamole, Tomato and Cheese
- \$3.50 Avocado, Cheese, Tomato and Lettuce



ORDER ONLINE

Log on to the Flexischools Website and use the code 'stlukes' to set up an account and order online.

**ALL PRE-ORDERS
TAKEN ONLINE ONLY.**

**PRE-ORDER LUNCH
ONLINE BEFORE
8.30 AM**

GF Gluten Free
V Vegetarian
DF Dairy Free
VG Vegan

9 May 2017

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DEE WHY

DAILY HOT FOODS AND FRESH SALADS

A choice of Small or Large is available for all hot meals.

MONDAY

\$4.50 / \$7.00
\$6.00
\$6.00
\$6.00

PRE-ORDERS ONLINE ONLY

Butter Chicken with rice **GF**
Gourmet Panini: Haloumi, Grilled Zucchini, Tomato, Cheese **V**
Gourmet Salad: Lentils with Field Mushrooms, Cherry Tomatoes, Green Beans & Feta **VEG**
Gourmet Salad: Lentils with Field Mushrooms, Cherry Tomatoes, Green Beans **VEGAN**

TUESDAY

\$4.50 / \$7.00
\$6.00
\$6.00

PRE-ORDERS ONLINE ONLY

Moroccan Meatballs with Cous Cous **DF**
Gourmet Panini: Bacon, Avocado, Tomato, Rocket **DF**
Gourmet Salad: Vegan Bowl, Power Slaw with avocado, Tomatoes & Tahini Dressing **GF, V, VEG, Paleo, DF**

WEDNESDAY

\$4.50 / \$7.00
\$6.00
\$6.00

PRE-ORDERS ONLINE ONLY

Pasta with Bolognese sauce **DF** (**GF** option with rice)
Gourmet Panini: Salami, Cheese, Tomato, Pesto
Gourmet Salad: Quinoa & brown rice with roasted vegetables & fresh herbs **GF, DF, V, VEG**

THURSDAY

\$4.50 / \$7.00
\$6.00
\$6.00

PRE-ORDERS ONLINE ONLY

Beef Lasagne
Gourmet Panini: Tomato, Red onion, Cheese, Baby Spinach, Basil & Feta **V**
Gourmet Salad: Brown Rice, Tuna, Pesto, Toasted Pepitas and Salad Leaves **GF**

FRIDAY

\$4.50 / \$7.00
\$4.50 / \$7.00
\$6.00
\$4.50 / \$7.00

PRE-ORDERS ONLINE ONLY

Nachos with Chilli Con Carne & Cheese **GF**
Nachos with Tomato Sauce and Cheese **GF, VEG**
Gourmet Panini: Hawaiian, Ham, Cheese, Tomato & Pineapple
Gourmet Salad: Spiced Cous Cous and Chickpeas with Roast Sweet Potato, Oranges & Grilled Chicken (**VEG** option available without chicken)

OTHER DAILY OPTIONS

\$4.00 Toasted Panini: Ham & cheese OR homemade tomato sauce & cheese
\$1.50 Small plain rice or pasta
\$4.00 Garden salad

FRESH FRUIT TREATS

\$1.00 Seasonal whole fruit [apples, pineapple, rockmelon, oranges, kiwi, watermelon, banana & other fruit in season]
\$5.50 Fruit salad - large
\$4.00 Fruit salad - small
\$0.50 Frozen pineapple rings
\$1.00 Frozen fruit cups [apple/blackcurrant]

ICECREAMS

\$1.00 Vanilla Ice Cream Tubs
\$0.50 Icy Bytes
\$1.00 Chocolate or Banana Moosies
\$2.00 Cyclone
\$2.00 Choc Shake

YUMMY

\$1.50 Yoghurt - strawberry, vanilla
\$1.00 Popcorn - Sweet & Salty, lightly salted or chicken
\$2.50 Dorritos cheese corn chips
\$2.00 Cheese & Cracker snack pack
\$2.00 Red Rock Deli Chips [honey soy chicken or lightly salted]
\$1.50 Smiths Salt & Vinegar Chips



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9 May 2017

A local school *A* World of difference