

TERM 2, 2021 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.

DRINKS

- \$2.00 Fresh juice [apple, orange, apple/blackcurrant] - 200 ml
- \$2.50 Fresh plain milk - 600 ml
- \$1.50 Fresh plain milk - 300 ml
- \$2.00 Bottled Water 600ml
- \$3.00 Flavoured milks - chocolate, strawberry
- \$2.50 Flavored Mineral Water (Lemon & Lime, Orange & Mango) 375ml
- \$2.00 Coconut Water
- \$3.50 Emma & Tom's Green Smoothie
- \$3.50 Emma & Tom's Kick Start Smoothie
- 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 Hommus Dip with 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
- \$5.00 Fruit salad [with organic yoghurt - add 50c] **V GF**

SANDWICHES

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
- \$3.00 Ham, Cheese, Tomato
- \$3.00 Egg mayo with lettuce
- \$4.00 Mexican Chicken Sandwich
- \$3.50 Tomato, Ricotta, Pesto Sandwich **V**
- \$5.00 Roast Chicken with iceberg lettuce and aioli

SUSHI

- \$4.00 Sushi roll [various flavours - see online] **V GF**
- \$3.50 Mini sushi pack [3 cucumber, 3 tuna, 3 avocado] **GF**
- \$6.00 Tuna & Avocado Bento Box **GF**
- \$6.00 Chicken Katsu Bento Box
- \$6.00 Teriyaki Chicken Rice Paper rolls (twin pack)

SALAD PACK

- \$4.00 Garden salad (mixed leaves, avocado, tomato, cucumber, grated carrot) **V**
- \$1.00 Add Cheese; Feta; Ham; Egg
- \$2.00 Add Roast Chicken



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
8.00 AM**

**GF Gluten Free
V Vegetarian**

31 March 2021

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GRAMMAR SCHOOL

DEE WHY

DAILY HOT FOODS AND FRESH SALADS

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

MONDAY PRE-ORDERS ONLINE ONLY

\$3.50 / \$5.00	Spinach & Ricotta Ravioli with Tomato Sauce V
\$4.50 / \$7.00	Butter Chicken with Rice GF
\$6.00	Gourmet Panini: Salami, Baby Spinach, Tomato, Cheese & Mayonnaise
\$7.00	Gourmet Salad: Roasted Chickpeas with Tuna & Avocado GF

TUESDAY PRE-ORDERS ONLINE ONLY

\$3.50 / \$5.00	Pesto Pasta V
\$4.50 / \$7.00	Keema Curry (Beef, potato, peas with rice) GF
\$6.00	Gourmet Panini: Pepperoni Pizza
\$7.00	Gourmet Salad: Brown Rice & Quinoa with Roast Vegetables and Feta GF V

WEDNESDAY

PRE-ORDERS ONLINE ONLY

\$3.50 / \$5.00	Hokkien Noodles with Asian Vegetables & sesame V
\$4.50 / \$7.00	Italian Meatballs with pasta
\$6.00	Gourmet Panini: Beefburger - Burger with cheese, tomato & onion
\$7.00	Gourmet Salad: Chicken & Roast Kumara with avocado and black bean chipotle dressing GF

THURSDAY

PRE-ORDERS ONLINE ONLY

\$3.50 / \$5.00	Steamed Pork Buns with Fried Rice
\$4.50 / \$7.00	Pasta Bolognese (with Rice GF)
\$6.00	Gourmet Panini: Vegetarian - Tomato, Pesto, Feta, Red Onion, Baby Spinach V
\$7.00	Gourmet Salad: Brown Rice & Tuna Salad with Basil, Red Cabbage & Toasted Pepitas GF

FRIDAY

PRE-ORDERS ONLINE ONLY

\$3.50 / \$5.00	Nachos with Tomato Sauce and Cheese GF, V
\$4.50 / \$7.00	Nachos with Chilli Con Carne & Cheese GF
\$6.00	Gourmet Panini: Chick Parma Panini
\$7.00	Gourmet Salad: Green Goddess Bowl GF, V

OTHER DAILY OPTIONS

\$4.00	Toasted Panini: Ham & cheese
\$4.00	Toasted Panini: Homemade tomato sauce & cheese
\$2.00	Small plain rice or pasta tubs

FRUIT TREATS

\$1.00	Seasonal whole fruit [apples, pineapple, rockmelon, oranges, kiwi, watermelon, banana & other fruit in season]
\$4.00	Fruit salad (Add yoghurt + \$0.50c)
\$0.50	Frozen pineapple rings
\$1.00	Frozen fruit cups [apple/blackcurrant]

ICE CREAMS

\$0.50	Icy Bytes
\$1.50	Chocolate Moosies
\$1.50	Vanilla Ice Cream Tub
\$2.00	Twisted Yoghurt
\$2.50	Cyclone

YUMMY TREATS

\$2.00	Yoghurt - strawberry, vanilla
\$3.50	Coconut Yoghurt
\$2.50	Dorritos cheese corn chips
\$2.00	Cheese & Cracker snack pack
\$2.00	Red Rock Deli Chips (Honey Soy Chicken)
\$1.50	Smiths Salt & Vinegar Chips GF
\$1.50	Chicken Jumpies
\$0.50	Rice Crackers GF
\$3.00	Hommus and Vege sticks GF
\$1.50	Pirahna Chips BBQ GF



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