

# LAKE ILLAWARRA SOUTH PUBLIC SCHOOL CANTEEN MENU

## BREAKFAST ITEMS

Only available before school

Slice of Toast + vegemite or jam	50c
Cheese Toastie	\$1.00
Hash Brown	\$1.00
Hot Chocolate	GF \$1.50

## HOT FOOD

Small Homemade Meat Pie	HM	\$3.00
Quiche & side salad	HM	\$4.50
Garlic Bread	HM	\$2.00
Chicken Sticks - 5pcs		\$2.50
Cheesy Pasta	HM	\$2.50
Meat Lovers Pizza Subs	HM	\$2.50
Vegetarian Fried Rice	HM	\$2.50
Bolognese Pasta	HM	\$3.00
Sausage Roll		\$3.00
Beef Nachos	HM	\$4.00
Chicken Burger lettuce & mayo		\$4.00
Tomato/BBQ Sauce		30c

**HM= Homemade, fresh on the premises**

**GF = Gluten free**

## HEALTHY SALADS & FRUITS

Fresh Fruit Cup	GF	\$1.50
Vegetable Sticks + Dip	GF	\$1.50
Yogurt + Muesli + Berry	HM	\$2.00
Garden Salad	GF	\$4.00
Greek Salad	GF	\$4.50
Caesar Salad	GF	\$4.50
Add chicken, ham, tuna or salmon to salad		\$1.00

## SNACKS

Popcorn	GF	50c
Grain Waves Chips		\$1.00
Red Rock Deli Chips – Sea salt		\$1.50
Homemade Brownie	HM	\$1.00
Homemade Blueberry Muffin	HM	\$1.00
Crackers & Cheese	HM	50c
Crackers Carrot Cheese Dip	HM	\$1.50

## FROZEN TREATS

Frozen Juice or Milk Pops	HM	50c
Frozen Juice Cup - ABC	GF	\$1.00
Frozen Juice Cup - Orange	GF	\$1.00
Paddle Pop - Rainbow / Chocolate		\$1.50
Ice Mony		\$1.00
Quelch Fruit Stick		50c

**Lunch orders taken before school**

## SANDWICHES

Add 50c for toasting

Vegemite	\$1.50
Cheese	\$2.00
Egg	\$2.00
Egg & Lettuce	\$2.50
Ham & Cheese	\$2.50
Ham Cheese & Tomato	\$3.00

## WRAPS or ROLLS

Cheese Salad	\$4.00
Chicken Lettuce & Mayo	\$4.00
Ham & Salad	\$4.50
Chicken & Salad	\$4.50
Egg & Salad	\$4.50
Sweet Chilli Chicken & Salad	\$4.50

## DRINKS

Juice Popper	\$1.50
Plain Milk - 300ml	\$1.50
Water - 600ml	\$1.50
Hot Chocolate	\$1.50
Flavoured Milk – choc, str'berry	\$2.00
Juice – apple, ABC, Orange,	
Orange/Pash	\$2.00
Up n Go - vanilla, choc, str'berry,	
banana	\$2.00

**Prices subject to change**