



Preston South Primary School Lunch Order List

(as at 11/04/2016)



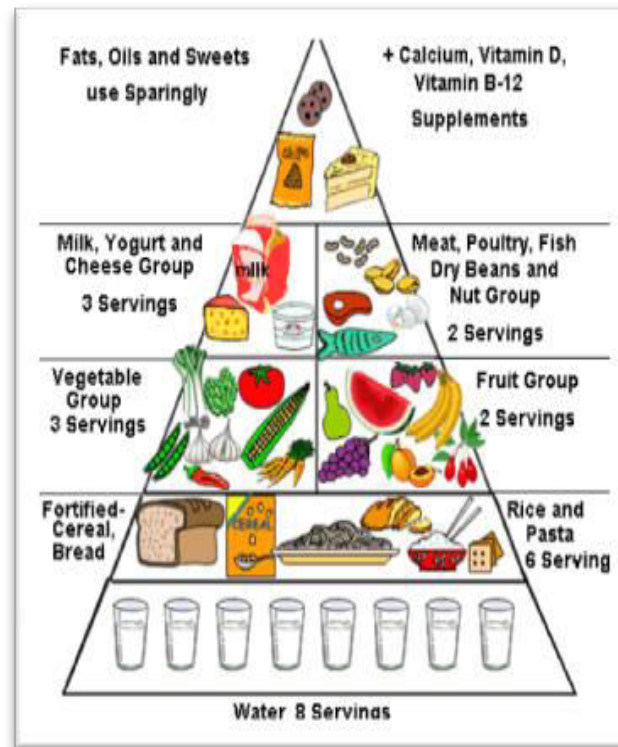
Preston South Primary School outsources its Canteen service to **CJ Cafe**, 151 Plenty Rd Preston (Tel: 03 9484 9699).
We promote healthy eating and have categorised all items into a food guide table.

SOUP

Guide	Item	Price
	Tomato or Pumpkin	\$2.50
	Bread per slice	\$0.20

FRUIT

Guide	Item	Price
	Apple	\$1.00
	Orange	\$0.80
	Banana	\$1.00
	Fruit Salad	\$4.50










SANDWICHES (WHITE OR BROWN \$2)

ROLL / WRAP (WHITE OR BROWN \$2.50)

Guide	Item	Plus
	Virginian Ham	\$1.00
	Salami	\$1.00
	Grilled Chicken	\$2.00
	Tuna	\$1.00
	Tasty Cheese	\$0.50
	Vegetite	\$0.50
	Avocado	\$1.00
	Tomato	\$0.50
	Carrot	\$0.50
	Cucumber	\$0.50
	Egg	\$0.50
	Bacon	\$2.00
	Lettuce	\$0.50
	Chicken Schnitzel	\$1.50
	Mayonnaise	\$0.20

COMFORT FOOD

Guide	Item	Price
	Pie	\$3.00
	Sausage Roll	\$2.50
	Party Pie	\$0.90
	Hot Dog	\$3.00
	Krensky in a Roll	\$4.00
	Chicken Nuggets	\$0.50
	Chicken/Beef Dim Sim	\$1.50




Sauce is supplied at no charge. **Note: If sauce is not required please write "NO SAUCE".**

CAKES

Guide	Item	Price
	Carrot, Banana Cake	\$2.50
	Orange Flourless Cake	\$2.50
	Muffins	\$2.00



HOT FOOD

Guide	Item	Price
	Vegetarian Fried Rice or Fried Noodle	\$4.00
	Chicken Fried Rice or Fried Noodle	\$5.00
	Beef Fried Rice or Fried Noodle	\$5.00

Chinese Food (Fried Rice or Fried Noodle with 1 option)

Guide	Item	Plus
	Teriyaki Chicken	\$6.00
	Lemongrass Pork Chop	\$6.00
	Traditional Vietnamese Grill Chicken	\$6.00

DRINKS

Guide	Item	Price
	Nippy's Chocolate / Strawberries / Vanilla /Caramel	\$3.50
	Ribena	\$1.50
	Spring Water	\$2.00
	Up & Go (Chocolate, Strawberry, Vanilla)	\$2.20
	Apple/Orange Juice	\$1.20



NOTE: It is recommended that the occasional foods should be limited to two occasions per term.