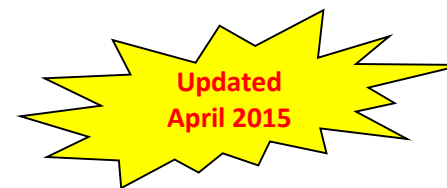




Preston South Primary School Lunch Order List

(as at 13/4/2015)



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

Snack

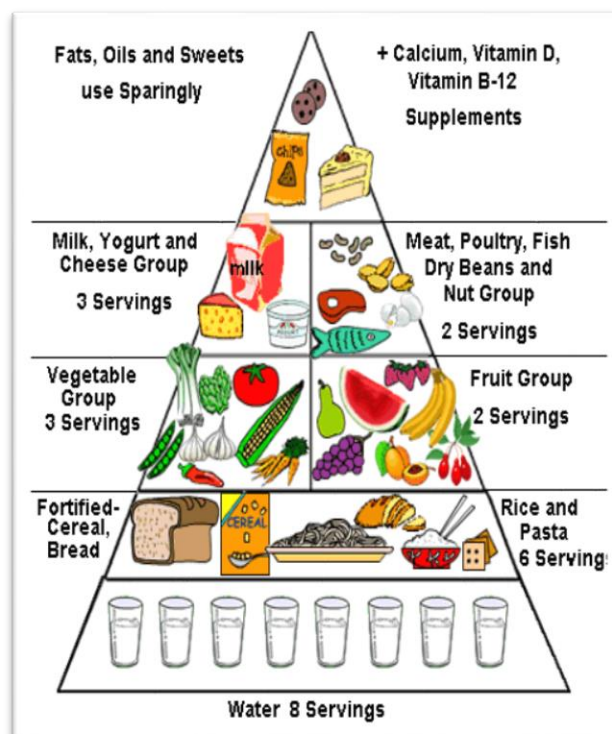
Guide	Item	Price
●	Sultanas	\$1.00
●	Almond Pumpkin Seed & Sultana	\$3.50
●	Mango Spears	\$2.00

SOUPS

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
●	Primo Calabrese Salami	\$1
●	Chicken	\$2
●	Tuna	\$1
●	Tasty Cheese	\$0.50
●	Vegemite	\$0.50
●	Avocado	\$1
●	Tomato	\$0.50
●	Carrot	\$0.50
●	Cucumber	\$0.50
●	Egg	\$0.50
●	Bacon	\$2
●	Peanut Butter or Honey	\$0.50
●	Chicken Schnitzel	\$1.50
●	Mayonnaise	\$0.20






COMFORT FOOD

Guide	Item	Price
	Pie	\$3.00
	Sausage Roll	\$2.50
	Sausage Roll in a roll	\$3.00
	Party Pie	\$0.90
	Hot Dog	\$3.00
	Chicken Nuggets	\$0.50
	Steamed Dim Sim	\$0.80




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

CAKES

Guide	Item	Price
	Carrot, Banana Cake	\$3.50
	Orange	\$3.50
	Muffins	\$2.50



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 \$4.00)

Guide	Item	Plus
	Sate Beef (has peanuts sauce)	\$3.50
	Teriyaki Chicken	\$3.50
	Lemongrass Chicken	\$3.50
	Golden Wings	\$3.50

DRINKS

Guide	Item	Price
	Big M Small	\$2.30
	Big M / Classic Large	\$3.30
	Ribena	\$1.50
	Spring Water	\$2.00
	Up & Go (Chocolate, Strawberry, Vanilla)	\$2.20
	Apple/Orange Juice	\$1.20
	Organic Coconut Juice	\$3.00



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

