

EAGLE POINT PRIMARY SCHOOL

FRIDAY LUNCH MENU

HOT MEALS

1. Meat Lasagne \$ 5 *
2. Vegetable Lasagne \$ 5 *
3. Lentil and chickpea curry w/ rice \$ 5
4. Chicken Coconut Curry w/rice \$ 5
5. Noodles w/ asian vegetable \$ 5 *
6. Chicken fried rice \$ 5 *
7. Prime Beef burger w/ cheese, lettuce & tomato * \$ 5

HOT SNACKS

8. Meat Pie* \$ 3
9. Sausage Roll* \$ 3
10. Vegetable Pastie* \$ 3
11. Party Pie* \$ 1
12. Chicken Nuggets* (Each) 80c
13. Steamed Dim Sim w/ soy* 80c
14. Hot Dog* \$ 2.50
15. Hash Brown (Each) \$ 1 - max 3 per child

EXTRAS

- Yo-Yo biscuit or Choc Chip cookie \$ 1
Bag, if not provided 20c
Sauce portion 20c

TASTY TURKISH TOASTIES

15. Cheese \$ 3.50
16. Cheese and Tomato \$ 3.50
17. Ham and Cheese \$ 4
18. Ham, Cheese and Tomato \$ 4
19. BBQ Chicken \$ 4

JACKET POTATOES

20. With Cheese \$ 3.50
21. With sour cream \$ 3.50
22. With Coleslaw \$ 4
23. With Baked Beans \$ 4
24. With Curry Sauce \$ 4

SUPER SALADS & SALAD ROLLS

25. Garden Salad with cheese \$ 3.50
 26. Greek (with feta and olives) \$ 4
 27. Garden Salad with Chicken \$ 4
 28. Garden Salad with Ham \$ 4
 29. Garden Salad with Tuna & sweetcorn \$ 4
- Available as salad packs or salad rolls. Please specify.

FRUIT

30. 2 fruit mini pack \$ 2
31. Fresh fruit salad \$ 4
32. Whole fruit of the day \$ 1.50

FRIDAY LUNCH ORDERS - Winter 2016 Parent/Guardian Information

As part of our commitment to healthy eating, the lunch menu follows the recommendations of state and national nutritional guidelines for primary schools, particularly restricting excessive salt, sugar and fat. Foods are classified in 3 groups: green, amber and red. Green foods are encouraged & recommended. Amber foods (*) are allowed on school menus as occasional choices. Red food items are excluded from school menus. Some amber items are permitted because they are combined with other ingredients such as salad etc. For this reason all choices will be provided as specified. Please also note that menu items no longer include sauce. Sauce portions are available to purchase separately and the price of the main items has been reduced accordingly. Please write your order clearly on a suitable clean bag, enclosing payment. A bag will be charged for if not provided. All items are subject to availability, and orders may be filled with items of equivalent value where necessary, unless you specify differently.

A number of items on the menu are suitable for children with specific dietary needs, and where possible we are always happy to accommodate individual request. However, parents should be aware that meals are produced in a kitchen which does not exclude ingredients such as nuts and flour. Whilst every care is taken in the preparation of meals, the decision to consume must rest with the individual ordering the meal and we cannot be held responsible for the presence of elements which may be out of our control. Please make a note of any dietary restrictions on your order bag each time.

Please write your order on a brown paper bag with the correct change. **Lunch Enquiries 0448 789994**