

Mt Barker South Primary School Lunch Menu

New Prices as of January 2023 *disregard previous menus*

LUNCH ORDER DAY FRIDAY

Orders must be in by 9.30am. Items will only be supplied to the value of money received. Purchases are made on the understanding that some substitution may be required if products are unavailable.

In accordance with the "Right Bite Strategy" and the Australian Healthy Eating Guidelines, we aim to sell more foods that have low fat, low sugar, low salt and high nutritional value. The menu is designed for students to identify healthy food choices **GREEN** - good healthy everyday foods, **AMBER** - sometimes foods, **RED** - would be occasional foods such as chips, soft drink etc.

SANDWICHES AND ROLLS (White) - COLD FOOD

	Sandwich	Roll
G Butter	2.00	3.20
G Ham	3.90	4.90
G Ham, Cheese	4.50	5.50
G Ham, Cheese, Tomato	4.90	5.90
G Chicken (Roast)	3.90	4.90
G Chicken, Lettuce, Mayo	4.50	5.50
G Chicken, Cheese, Mayo	4.50	5.50
G Tomato, Cheese	3.80	4.80
G Cheese	3.10	4.10
G Salad - 4 choices from extras	4.90	5.90

Wraps - Cold Food

G Chicken, Lettuce, Mayo	5.50
G Chicken, Cheese, Mayo	5.50
G Ham, Cheese	4.90
G Ham, Cheese, Tomato	5.50
G Tomato, Carrot, Cheese, Lettuce	5.50

Add Sauce = Tomato, Bbq, Mayo, Mustard 0.20

SALADS - COLD FOOD

G Salad Plate create your own	5.90
G Meat & Salad Plate create your own	7.50

Choose meat: Ham or Chicken

Note - 5 choices from extras below for salad plates

Extras - Tomato, Carrot, Cucumber, Lettuce
Cheese, Raw Onion, Pineapple, Olives 0.90

TOASTIES (White) - HOT FOOD

G Ham, Cheese	4.80
G Ham, Cheese, Tomato	5.20
G Ham, Cheese, Pineapple	5.20
G Tomato, Cheese	4.80
G Chicken, Cheese	4.80
G Chicken, Cheese, Pineapple	5.20
G Ham or Chicken	4.30

SNACKS

A Blueberry White Chocolate Mini Muffin	1.90
A Triple Choc Top Fudge Mini Muffin	1.90

HOT FOOD

G Roast Chicken, Cheese, Pineapple Roll	6.50
A Roast Chicken with Gravy or Mayo Roll	5.90
A Hot Dog 97% fat free grilled skinless, Plain	4.30
with sauce (tomato or Bbq)	4.50
A Hot Dog 97% fat free grilled skinless, w Cheese	4.80
with sauce (tomato or Bbq)	5.10
A Chicken grilled, Lettuce, Mayo Burger	5.90
A Chicken grilled, Pineapple, Lettuce, Mayo Burger	6.50
A Chicken grilled, Lettuce, Mayo Wrap	5.90
A Chicken grilled, Pineapple, Lettuce, Mayo Wrap	6.50
A Beef Burger - Tomato, Lettuce, Tomato Sauce	6.50
A Veggie Burger - Tomato, Lettuce, Tomato Sauce	6.50
A Hot Ham and Cheese Burger - Ham, Cheese, Mayo	6.50
A Hashie Burger - Tomato, Lettuce, Bbq Sauce	6.50
A BLT Burger - Bacon, Tomato, Lettuce, Mayo	6.50
A 4 x Chicken Nuggets with Tomato or Bbq Sauce	4.50
A Hash Brown	1.80
A Wedges with Tomato, Bbq or Sweet Chilli Sauce	5.50

Add Sauce = Tomato, Bbq, Mayo, Mustard, Sweet Chilli 0.20

Extras - Tomato, Lettuce, Cheese, Raw Onion, 0.90

Cooked Onion, Pineapple, Beetroot

DRINKS

G 600ml Water	3.20
100% Juice's 200ml - 250ml	
G Apple Blackcurrant, Apple or Orange	3.20
Nippy's Long Life Milk	
A 250ml - Chocolate, Strawberry, Honeycomb	3.20
A 500ml - Chocolate, Honeycomb, Strawberry	4.20
Nippy's Mineral Water 600ml	
A Apple/Raspberry	4.20
A Orange	4.20
A Paradise Punch	4.20
A Lemon Lime	4.20

To order your child's lunch please write their full name,
Class/room number on the bag. Bags supplied by the school.

Please write if it is a:

HOT OR COLD item e.g a wrap can be hot or cold item

NOTE: Gluten Free available on request, parent to ring shop to discuss.

Updated January 2023