

OLMC SCHOOL CANTEN MENU 2023

Toasted Sandwiches

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|---------------------------------------|--------|
| Toasted Cheese Sandwich | \$3.00 |
| Toasted Cheese & Ham Sandwich | \$3.50 |
| Toasted Cheese, Ham & Tomato Sandwich | \$4.00 |

SANDWICHES (MULTI GRAIN OR WHITE BREAD)

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|--|--------|
| Butter or Jam | \$2.00 |
| Vegemite | \$2.00 |
| Cheese & Butter | \$2.50 |
| Egg | \$3.50 |
| Chicken (Low Fat Mayonnaise) | \$4.50 |
| Tuna (Low Fat Mayonnaise) | \$4.50 |
| Salad (Cheese, tomato, carrot, cucumber & lettuce) | \$4.50 |
| Chicken (Salad & Low Fat Mayonnaise) | \$5.00 |
| Tuna (Salad & Low Fat Mayonnaise) | \$5.00 |

WRAPS

| | |
|--|--------|
| Salad (Cheese, tomato, carrot, cucumber & lettuce) | \$5.00 |
| Chicken (Salad & Low Fat Mayonnaise) | \$5.00 |
| Tuna (Salad & Low Fat Mayonnaise) | \$5.00 |

SUSHI

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|----------------------------|--------|
| Tuna and avocado sushi | \$4.50 |
| Chicken and avocado sushi | \$4.50 |
| Tuna and cucumber sushi | \$4.50 |
| Chicken and cucumber sushi | \$4.50 |

PIZZAS

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|-----------------|--------|
| Margherita | \$4.50 |
| Bbq Meat Lovers | \$4.50 |

BURGERS

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|--|--------|
| Hamburger | \$5.00 |
| (Low fat beef pattie, cheese & tomato sauce) | |
| Veggie Burger | \$5.00 |
| (Vegetable pattie, lettuce and low fat mayonnaise) | |
| Flame Grilled Chicken | \$5.00 |
| (Chicken breast, lettuce and low fat mayo) | |

FRUIT

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|----------------|--------|
| Seasonal Fruit | \$1.00 |
| Fruit Salad | \$4.50 |

DRINKS

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|---------------------------------|--------|
| Juice Popper orange | \$2.00 |
| Juice popper apple | \$2.00 |
| Grape flavored fruit bomb | \$3.00 |
| Raspberry flavored fruit bomb | \$3.00 |
| Bottled Water | \$2.00 |
| Chill j apple cola | \$2.50 |
| Chill j orange passio | \$2.50 |
| Chill j blackcurrent | \$2.50 |
| Milk Popper chocolate | \$3.00 |
| Milk popper strawberry | \$3.00 |
| Oak Lite Milk carton strawberry | \$3.00 |
| Oak Lite Milk carton chocolate | \$3.00 |
| Up and Go vanilla | \$3.00 |
| Up and Go chocolate | \$3.00 |

HOT FOODS

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|-----------------------|--------|
| Meat pie | \$4.50 |
| Sausage roll | \$4.00 |
| Twista Bolognaise | \$5.00 |
| Fried Rice | \$5.00 |
| Mac and cheese | \$5.00 |
| Lasagne | \$5.00 |
| Hot Dogs | \$4.00 |
| 5 nuggets | \$4.00 |
| 5 Fish Fingers | \$3.50 |
| Cheese bun | \$2.50 |
| Cheese and ham bun | \$2.50 |
| Garlic Bread homemade | \$2.50 |
| Corn Cobbette | \$1.00 |
| 2 Minute Noodles | \$3.00 |
| Tomato Sauce | \$0.50 |
| Meat Pizza Wrap | \$4.00 |
| Oregano Pizza Wrap | \$4.00 |

SNACK FOODS

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|----------------------------|--------|
| Bread sticks pizza flavour | \$0.20 |
| Bread sticks plain | \$0.20 |
| Red Rock Sea Salt | \$2.00 |
| Mammi noodles | \$1.50 |
| Grain Waves | \$1.50 |
| Custard | \$1.00 |
| Koala popcorn | \$2.50 |
| Jelly Cups | \$1.00 |

ICECREAMS AND ICE BLOCKS

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|---------------------------------------|--------|
| Zooper Doopers | \$1.00 |
| Juicy tubes tropical | \$2.00 |
| Juicy tubes lemonade | \$2.00 |
| Juicy tube blackcurrent | \$2.00 |
| Moosie bubblegum/ chocolate ice cream | \$2.00 |

INSTRUCTIONS ON PLACING A LUNCH ORDER

*USE BROWN PAPER BAGS
WRITE YOUR CHILDS NAME AND CLASS
WRITE YOUR CHILDS ORDER ON BAG
IF YOU NEED A BAG IT WILL AN EXTRA 20c*

FORKS AND SPOONS ARE 10c EACH FOR CHILDREN WHO DONT HAVE LUNCH ORDERS

BABY SUSHI NO LONGER AVAILABLE

SUSHI WILL BE AVAILABLE ON FRIDAYS