

TERM 4 2020



LUNCH LAB

Traffic Light Colour Codes - **GREEN** = Healthy Option **AMBER** = Eat Moderately **RED** = Unhealthy Option

<ul style="list-style-type: none"> ◆ NO CREDIT ◆ Orders must be received by 9:00am via Flexischools, Via Canteen window or in Classrooms ◆ EFTPOS is available ◆ NO PHONE ORDERS WILL BE TAKEN ◆ Please use different bags for RECESS and LUNCH orders ◆ All items are subject to availability ◆ Non-Halal items are marked with * ◆ If your child suffers from a food allergy, please see our friendly Lunch Lab staff to discuss options ◆ Direct Deposit bsb 036190 account 040832 	MONDAY		Mon, Tues, Wed, Friday			
	Burger with Tomato, Carrot, Cucumber, Lettuce, Cheese, Beetroot with choice of BBQ or Tomato sauce	\$6.50	Pasta Bolognese or Vegetarian with Cheese		\$5.00	
	TUESDAY		SANDWICHES			
	Meatball Pasta with cheese	\$5.00	Wholemeal Bread Wraps or Rolls \$0.50 extra Extras salad or egg \$0.50c (All wraps come with mayo) Standard salad consists of Tomato, Carrot, Lettuce & Cucumber			
	WEDNESDAY		TOASTED SANDWICHES			
	Cheese	\$3.00	Vegemite		\$2.50	
	Ham & cheese	\$4.50	Cheese		\$2.50	
	Chicken & cheese	\$5.00	Egg/Curried Egg, Lettuce & Mayo		\$3.50	
	THURSDAY		Salad			\$3.50
	Tomato, BBQ sauce and Halal hotdogs are available		Deli Ham & Cheese*		\$4.00	
	Small Hotdog & Sauce Add .50c for Cheese	\$2.50	Deli Ham & Salad *		\$4.50	
	Large Hotdog & Sauce Add .50c for Cheese	\$4.50	Tuna & Salad		\$4.50	
	FRIDAY		Mrs Mac Sausage Rolls		\$4.00	
	Tomato or BBQ sauce		.50c	Fresh Roast Chicken & Salad		\$5.00
	AFTER LUNCH		DRINKS			
Icy-pole		\$1.00	Aussie Lunch Box * Deli Ham & Cheese Sandwich, Pikelet & Watermelon		\$5.00	
Paddle Pop or Slushie		\$2.00	Salad Plate with Fresh Roast Chicken or Deli Ham		\$6.50	
DRINKS		Connect with the LUNCH LAB				
Water or Plain milk	\$2.00	www.facebook.com/groups/balerpandc/				
Juice Box: Apple, Orange Apple & Blackcurrant	\$2.00	E-Mail: lunchlab.balerpandc@gmail.com				
Flavoured Milk: Chocolate, Strawberry	\$2.50	Tel: (08)9172 8400				
HOT RECESS		www.flexischools.com.au				
Plain or Vegemite Cheesy	\$1.50					
Ham cheesy*	\$2.00					
Chicken strips Maximum of 2 (Tues & Thurs)	\$1.50					
RECESS & LUNCH						
Pikelet	\$0.50					
Pikelet, Yoghurt & fruit	\$1.50					
Small fruit salad	\$1.50					
Large fruit salad	\$3.00					
Fruit Muffin	\$2.00					