

TERM 3&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		EVERYDAY LUNCHES		
	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		
	Beef Nachos Cheese & Sour Cream	\$5.00	Wholemeal Bread		
	Vegetarian Nachos Cheese & Sour Cream	\$5.00	Wraps or Rolls \$0.50 extra		
	Avocado	.50	Extras salad or egg \$0.50c (All wraps come with mayo)		
	WEDNESDAY		Standard salad consists of Tomato, Carrot, Lettuce & Cucumber		
	5 Dino Nuggets, Hash Brown & Watermelon	\$6.00	Toasted Sandwiches ADD .50c		
	THURSDAY		Vegemite		\$2.50
	Tomato, BBQ sauce and Halal hotdogs are available		Cheese		\$2.50
Small Hotdog & Sauce Add .50c for Cheese	\$2.50	Egg/Curried Egg, Lettuce & Mayo		\$3.50	
Large Hotdog & Sauce Add .50c for Cheese	\$4.50	Salad		\$3.50	
FRIDAY		Deli Ham & Cheese*		\$4.00	
Cheesy Pizza Meatball Sub	\$5.00	Deli Ham & Salad *		\$4.50	
Mrs Mac Sausage Rolls	\$4.00	Tuna & Salad		\$4.50	
Tomato or BBQ sauce	.50c	Fresh Roast Chicken & Salad		\$5.00	
AFTER LUNCH		Aussie Lunch Box * Deli Ham & Cheese Sandwich, Pikelet & Watermelon		\$5.00	
DRINKS		Salad Plate with Fresh Roast Chicken or Deli Ham		\$6.50	
HOT RECESS		Connect with the LUNCH LAB			
Plain or Vegemite Cheesy	\$1.50	www.facebook.com/groups/balerpandc/			
Ham cheesy*	\$2.00	E-Mail: lunchlab.balerpandc@gmail.com			
Yummy Drummy* Maximum of 2 (Tues & Thurs)	\$1.50	Tel: (08)9172 8400			
RECESS & LUNCH		www.flexischools.com.au			
Pikelet	\$0.50				
Pikelet, Yoghurt & fruit	\$1.50				
Small fruit salad	\$1.50				
Large fruit salad	\$3.00				
Fruit Muffin	\$2.00				