



TERM 1/2 2021

# LUNCH LAB

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

<p>◆ <b>NO CREDIT</b></p> <p>◆ Orders must be received by <b>9:00am</b> via Flexischools, Via Canteen window or in Classrooms</p> <p>◆ <b>EFTPOS</b> is available</p> <p>◆ <b>NO PHONE ORDERS WILL BE TAKEN</b></p> <p>◆ Please use different bags for RECESS and LUNCH orders</p> <p>◆ All items are subject to availability</p> <p>◆ Non-Halal items are marked with *</p> <p>◆ If your child suffers from a food allergy, please see our friendly Lunch Lab staff to discuss options</p> <p>◆ Direct Deposit BSB 036190 ACC 040832</p>	<b>MONDAY</b>		<b>Mon, Tues, Wed, Friday</b>		
	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
	<b>TUESDAY</b>		<b>SANDWICHES</b>		
	5 Nuggets, Hash Brown and Fruit Salad	\$6.00	Wholemeal Bread		
	<b>WEDNESDAY</b>		Wraps or Rolls \$0.50 extra		
	<b>TOASTED SANDWICHES</b>		Extras salad or egg \$0.50c (All wraps come with mayo)		
	Cheese*	\$3.00	Standard salad consists of Tomato, Carrot, Lettuce & Cucumber		
	Ham & cheese	\$4.50	Vegemite		\$2.50
	Chicken & cheese*	\$5.00	Cheese*		\$2.50
	<b>THURSDAY</b>		Egg/Curried Egg, Lettuce & Mayo		\$3.50
	Tomato, BBQ sauce and Halal hotdogs are available		Salad		\$3.50
	Small Hotdog & Sauce Add .50c for Cheese	\$2.50	Deli Ham & Cheese*		\$4.00
	Large Hotdog & Sauce Add .50c for Cheese	\$4.50	Deli Ham & Salad *		\$4.50
	<b>FRIDAY</b>		Tuna & Salad		\$4.50
	Mrs Mac Sausage Rolls*	\$4.00	Fresh Roast Chicken & Salad		\$5.00
Tomato or BBQ sauce	.50c	Aussie Lunch Box Deli Ham & Cheese Sandwich, Pikelet & Watermelon		\$5.00	
<b>AFTER LUNCH</b>		Salad Plate with Fresh Roast Chicken or Deli Ham		\$6.50	
<b>DRINKS</b>		<b>Connect with the LUNCH LAB</b>			
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			
		<a href="http://www.flexischools.com.au">www.flexischools.com.au</a>			

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- ◆ **NO PHONE ORDERS WILL BE TAKEN**
- ◆ Please use different bags for RECESS and LUNCH orders
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<b>HOT RECESS</b>	
Plain or Vegemite Cheesy	\$1.50
Ham cheesy*	\$2.00
Spaghetti or Baked Beans 1/2 Jaffle with cheese	\$2.00
<b>RECESS &amp; LUNCH</b>	
Popcorn	\$0.50
Pikelet	\$0.50
Cheese and Crackers *	\$1.50
Yoghurt, Granola and Fruit	\$2.00
Small Fruit Salad	\$1.50
Large Fruit Salad	\$3.00
Fruit Muffin	\$2.00

<b>MONDAY</b>	
Burger with Tomato, Carrot, Cucumber, Lettuce, Cheese, Beetroot with choice of BBQ or Tomato sauce	\$6.50
<b>TUESDAY</b>	
5 Nuggets, Hash Brown and Fruit Salad	\$6.00
<b>WEDNESDAY</b>	
<b>TOASTED SANDWICHES</b>	
Cheese*	\$3.00
Ham & cheese	\$4.50
Chicken & cheese*	\$5.00
<b>THURSDAY</b>	
Tomato, BBQ sauce and Halal hotdogs are available	
Small Hotdog & Sauce Add .50c for Cheese	\$2.50
Large Hotdog & Sauce Add .50c for Cheese	\$4.50
<b>FRIDAY</b>	
Mrs Mac Sausage Rolls*	\$4.00
Tomato or BBQ sauce	.50c
<b>AFTER LUNCH</b>	
Icy-pole	\$1.00
Paddle Pop or Slushie	\$2.00
<b>DRINKS</b>	
Water or Plain milk	\$2.00
Juice Box: Apple, Orange Apple & Blackcurrant	\$2.00
Flavoured Milk: Chocolate, Strawberry	\$2.50

<b>Mon, Tues, Wed, Friday</b>	
Pasta Bolognese or Vegetarian with Cheese	\$5.00
<b>SANDWICHES</b>	
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	
Vegemite	\$2.50
Cheese*	\$2.50
Egg/Curried Egg, Lettuce & Mayo	\$3.50
Salad	\$3.50
Deli Ham & Cheese*	\$4.00
Deli Ham & Salad *	\$4.50
Tuna & Salad	\$4.50
Fresh Roast Chicken & Salad	\$5.00
Aussie Lunch Box Deli Ham & Cheese Sandwich, Pikelet & Watermelon	\$5.00
Salad Plate with Fresh Roast Chicken or Deli Ham	\$6.50
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