

Items on this menu are homemade in the canteen with fresh ingredients. When available we use local produce and vegetables from the Samson Veggie Garden. The Healthy Food & Drink Policy "Traffic Light System"
GREEN = eat everyday
AMBER = eat moderately
RED = no red items are sold



DAILY LUNCH FOOD

Sandwiches
w/M bread with fillings of your choice:

Vegemite	\$2
Cheese	\$2.50
Cheese & Vegemite	\$2.50
Ham	\$3.00
Ham & Cheese	\$3.50
Ham, Tomato & Cheese	\$3.50
Egg	\$3.00
Chicken Poached	\$3.00
EXTRAS:	
Salad	FREE
any/all - tomato, cucumber, carrot, lettuce	
Toasted	50c
Roll wholemeal	50c

SPECIALS of the Day

WEDNESDAY ONLY

Country Chicken & Veg Pie \$4.50
 Chunky chicken, vegetables in gravy

THURSDAY ONLY

PIZZA: H/m bases & Napolitana Sauce \$4
 Margherita Cheese only \$4.50
 Aussie Ham & cheese \$4.50
 Hawaiian Ham, pineapple & cheese \$4.50

FRIDAY ONLY

Sausage Roll \$4
 Sausage mince & hidden veg in pastry

Spinach & Ricotta Roll \$3.50

DRINK:

Homemade Lemonade \$1.50

- ### DAILY RECESS FOOD
- Amazing Apple Slinky 50c
 - Poppin' Popcorn 50c
 - Zoo Poo \$1
 - Mr Bean Nacho Cup \$1
 - Perfecto Pizza Scrolls \$1
 - Weekly Cheesy \$1
 - BEST Banana Bread \$1**
 - Rainbow Sweet Treat \$1**

Refer to "Weekly Specials" below

RECESS SPECIALS

- WEDNESDAY**
- Crazy Veggie Wedges Cup \$1**
 - Oven Baked Sweet Potato, Potato & Crumbed Zucchini Wedges
 - Crumbly Drummy \$1.20**
 - Oven baked Parmesan Crumbed Chicken
- THURSDAY & FRIDAY**
- Soy Honey Drummy \$1.20**
 - Chicken marinated in Soy/Honey/Garlic
 - Freaky Fried Rice Cup \$1.50**
 - Honey/soy chicken, hidden cauliflower, vegetables, rice

- ### RECESS DRINKS
- Banana Brunch Smoothie \$2
 - Banana, Yoghurt, Oats & Milk
 - Rainbow Weekly Smoothie \$2
 - Banana Brunch + Fruit - Refer Below
 - Cold Milk \$1
 - Warm Milo \$1.20
 - Water \$1

CRUNCH THE RAINBOW...

To celebrate FRUIT & VEG SEPTEMBER The Little Lunchbox will have colourful fruits & vegetables on display to match the colour theme of the week. Samples will be provided to taste test each Friday. Follow us on Facebook for events & special menu items.

The Little Lunchbox at Samson Primary

RAINBOW WEEKLY SPECIALS

WK	COLOUR of the week	SMOOTHIE FLAVOUR	SWEET TREAT
2	YELLOW	Mango	Lemon Cake
	ORANGE		Orange muffin
3	Light GREEN	Avocado	Oaty Apple pikelets
4	Dark GREEN	Spinach	Zucchini Bread
5	WHITE	Vanilla	Currant Rock Cakes
6	BROWN	Date	Choc Coconut cake
7	RED	Raspberry	Coco/Cherry Slice
8	PINK	Strawberry	Raspberry Yoghurt Muffins
9	PURPLE	Beetroot	Beetroot Muffins
10	BLUE	Blueberry	Blueberry Scones

DAILY HOT LUNCHESES

Butter Chicken	\$4.50
with rice & sliced cucumber	
Turkish Chicken Melt	\$4.50
Poached chicken, spinach, kewpie mayo & cheese	
Napolitana Pasta Cup	\$3
Hidden veggies sauce & cheese	
Bolognaise Pasta	\$4.50
Hidden veg bolognaise sauce & cheese	
SOUP:	
The Great Green Soup	\$3.50
Pureed green veg & potato	
Chicken & Vegetable	\$4
EXTRAS:	
Cheese & Garlic Scroll	\$1
Buttered Roll	50c

LUNCH DRINKS

Water	\$1
Cold Milk	\$1
Warm Milo	\$1.20
Nudie Juice	\$2.50
apple, orange, or tropical	

AFTER LUNCH @ TLL

Citrus Pops	\$1
Layered Yoghurt Cup	\$1
Yoghurt, apple puree, homemade muesli	
Apple Crumble Slice	\$1
Luscious Lemon Slice	\$1

MIGHTY MINI MENU Kindy - Year 1

The Little Lunchbox	\$4
Ham & cheese, vegemite, or cheese half sandwich/toasted, mini pikelet, fruit puree & veg sticks	
Pett Pasta Bolognaise	\$3.50
Hidden veggies, beef mince, pasta & cheese	
Demi-Turkish Melt	\$3.50
Half toasted Turkish bun chicken, spinach & cheese	

TEACHERS' TREATS

Warm Italian Rice Salad	\$5
Brown rice & quinoa with olives, sundried tomatoes, spinach, fresh herbs & mustard lime dressing	
Turkish Chicken Melts	\$4.50
Poached chicken, spinach, kewpie mayo & cheese	
EXTRAS: sundried tomatoes, avocado	50c ea

TERM 3, 2017 @ the little lunchbox

Order online by registering at QuickClick or www.ouronlinecanteen.com.au

ALLERGIES or FUSSY EATERS?
 Should your child suffer from allergies/intolerances to certain foods, or cannot find something on the menu to suit their taste, please contact Jess via FB message, or at the canteen Tue-Fri ph: 9314 1147.