



Lake J Cafe

Canteen Menu – Term 4 2009 Primary School

Lake Joondalup Baptist College

Meal Deal Monday \$6.50

Beef Lasagne
Just Juice
Fruit Muffin

Meal Deal Tuesday \$5.70

Fried Rice
Choc milk – small 300ml
Piece of fresh fruit

Meal Deal Wednesday \$6.00

Fruit salad
Tub of yoghurt
Just Juice

Meal Deal Thursday \$7.30

Chicken salad wrap
Yoghurt
Piece of fresh fruit
Just Juice

Meal Deal Friday \$7.10

Hot meal of the day (HMD)*
600ml Mt Franklin
2 pieces of fresh fruit

Meals \$

Monday

Pizza slice 3.00
Designer pizza from (cheese) order only 3.50
Beef Lasagne (HMD)* 4.00
Stir fry with noodles 3.00
Stir fry with meat 4.50

Tuesday

Chicken fried rice (HMD)* 3.80
Toasted sandwich 2.80
Ham
Ham & cheese
Cheese & tomato
Ham, cheese & tomato
Sausage roll 2.50
½ sausage roll 1.30
Stir fry with noodles 3.00
Stir fry with meat 4.50

Wednesday

Toasted Turkish bread ham/cheese or ham/tomato 3.50
Fish and wedges (HMD)* 4.50
Stir fry with noodles 3.00
Stir fry with meat 4.50
Chicken and corn roll 2.00

Thursday \$

Chicken bits with wedges and salad 4.50
Macaroni cheese (HMD)* 3.70
Stir fry with noodles 3.00
Stir fry with meat 4.50

Friday

Chicken chilli wrap 3.80
Chicken and vegetable pie (HMD)* 3.20
Potato and tomato sauce pie 2.80
Shepherds pie 3.20
Good eating meat pie – small 2.00
Vegetable pastie 3.20
Lite Cruizer beef pie 3.20
Pizza pocket 2.00

Primary School Picnic Pack

Piece of fruit, just juice, chocolate mousse, 6.00
Single filling sandwich, ham, cheese, chicken
with salad, fruit muffin
Salad bag 1.00

Treats

from 1.40

*Tuesday, Thursday only 12.30-12.45pm at
Primary Reception*

* Hot meal of the day



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| | \$ |
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| Sandwiches | |
| Tuna | 2.80 |
| Tuna & Salad | 3.60 |
| Roasted Skinless Chicken | 2.80 |
| Roasted Chicken & Salad | 3.60 |
| Roasted Skinless Chicken Mayo | 3.60 |
| Tuna, Onion, Mayo & Salad | 3.60 |
| Roasted Chicken & Avocado | 3.60 |
| Roast Beef | 2.80 |
| Roast Beef & Salad | 3.60 |
| Vegemite | 1.60 |
| Egg with Mayo or Curry | 2.80 |
| Egg & Salad with Mayo or Curry | 3.60 |
| Cheese (grated) | 2.80 |
| Cheese & Salad (grated) | 3.60 |
| Salad | 2.80 |
| Beetroot & Salad | 3.10 |
| Add amount to sandwich price for below: | |
| Specialty roll and wraps | 0.80 |
| Plain roll | 0.40 |
| Sauces | 0.35 |
| Beetroot | 0.30 |
| Cheese | 0.30 |
| Sundried tomato | 0.80 |
| Avocado | 0.80 |

| | \$ |
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| Sushi | |
| | 5.60 |
| Salads | |
| Caesar | 3.60 |
| Chicken caesar | 4.50 |
| Chicken | 3.60 |
| Egg | 3.60 |
| Cheese | 3.60 |
| Ham | 3.60 |
| Chef's speciality salad daily | 3.60 |
| Low fat muffins | 2.70 |
| Rainbow jelly & fruit | 1.50 |
| Jelly fruit & custard | 1.50 |
| Flavoured yoghurt | 1.60 |
| Popcorn | 0.50 |
| Fruit salad cup | 1.30 |
| Fresh fruit pieces | 0.80 |
| Fresh fruit salad | 3.20 |
| Chocolate mousse | 1.50 |
| Green: Often | |
| Amber: Occasionally | |
| Red: Rarely | |

| | \$ |
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| Drinks | |
| Fruit quelches | 0.70 |
| Flavoured milk – small 300ml | 1.90 |
| Flavoured milk – large 600ml | 3.20 |
| Plain milk – small 250ml | 1.10 |
| Plain milk – large 600ml | 2.10 |
| Flavour straw | 0.60 |
| 100% fruit juice | 2.50 |
| 100% Just Juice | 1.50 |
| Mt Franklin | 2.00 |
| Fruit Splat | 2.30 |

All items are as stated – no variations

Sandwiches, sushi, salads & drinks available every day

Burger and chilli wrap are served with salad

Pizza toppings 40c each

ham, chicken, bacon, tuna, capsicum, mushroom, pineapple, onion, avocado, olive