



# Preston South Primary School Lunch Order List

Updated  
February 2018



Orders need to be sent to the office on Thursday morning and lunches will be delivered on Friday

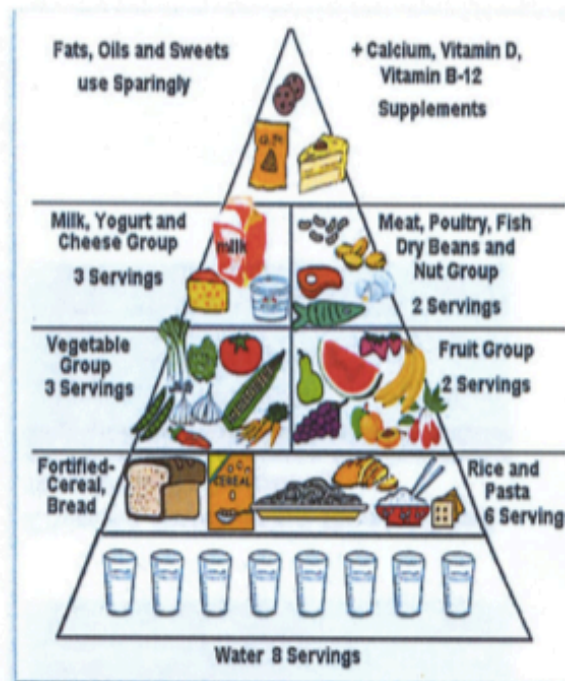
Preston South Primary School outsources its Canteen service to **CJ Cafe**, 151 Plenty Rd Preston (Tel: 03 9484 9699).  
We promote healthy eating and have categorised all items into a food guide table.

## SOUP

Guide	Item	Price
	Tomato or Pumpkin	\$2.50
	Bread per slice	\$0.20

## FRUIT

Guide	Item	Price
	Apple	\$1.00
	Orange	\$0.80
	Banana	\$1.00
	Fruit Salad	\$4.50










## SANDWICHES (WHITE OR BROWN \$2)

## ROLL / WRAP (WHITE OR BROWN \$2.50)




Guide	Item	Plus
	Virginian Ham	\$1.00
	Salami	\$1.00
	Grilled Chicken	\$2.00
	Tuna	\$1.00
	Tasty Cheese	\$0.50
	Vegemite	\$0.50
	Avocado	\$1.00
	Tomato	\$0.50
	Carrot	\$0.50
	Cucumber	\$0.50
	Egg	\$0.50
	Bacon	\$2.00
	Lettuce	\$0.50
	Chicken Schnitzel	\$1.50
	Mayonnaise	\$0.20

## COMFORT FOOD

Guide	Item	Price
	Pie	\$3.00
	Sausage Roll	\$2.50
	Party Pie	\$0.90
	Hot Dog	\$3.00
	Krensky in a Roll	\$4.00
	Chicken Nuggets	\$0.50
	Chicken/Beef Dim Sim	\$1.50




Sauce is supplied at no charge. **Note: If sauce is not required please write "NO SAUCE".**

## CAKES

Guide	Item	Price
	Carrot, Banana Cake	\$2.50
	Orange Flourless Cake	\$2.50
	Muffins	\$2.00



## HOT FOOD






Guide	Item	Price
	Vegetarian Fried Rice or Fried Noodle	\$4.00
	Chicken Fried Rice or Fried Noodle	\$5.00
	Beef Fried Rice or Fried Noodle	\$5.00

## Chinese Food (Fried Rice or Fried Noodle with 1 option)

Guide	Item	Plus
	Teriyaki Chicken	\$6.00
	Lemongrass Pork Chop	\$6.00
	Traditional Vietnamese Grill Chicken	\$6.00

**NOTE:** It is recommended that the occasional foods should be limited to two occasions per term.

## DRINKS

Guide	Item	Price
	Nippy's Chocolate / Strawberries / Vanilla /Caramel	\$3.50
	Ribena	\$1.50
	Spring Water	\$2.00
	Up & Go (Chocolate, Strawberry, Vanilla)	\$2.20
	Apple/Orange Juice	\$1.20

