



Toasted Sandwiches also available. We use Wholemeal Bread for all Sandwiches and Wraps.

OUR LADY OF MERCY P.S. SUMMER MENU 2020

MONDAY, WEDNESDAY & FRIDAY

| | |
|----------------------------------|--------|
| Beefburger with Salad & Sauce | \$4.20 |
| Chicken Burger with Salad & Mayo | \$4.20 |
| Hot Chicken Roll with Mayo | \$4.00 |
| Mini Hot Chicken Roll with Mayo | \$3.50 |
| Macaroni Cheese | \$4.20 |
| Lasagne | \$4.20 |
| Corn Cob | \$1.30 |
| Focaccia (Ham & Pineapple) | \$3.50 |

SALAD & TRAYS

| | |
|--------------------------------------|--------|
| Ham & Salad | \$5.00 |
| Chicken & Salad | \$5.00 |
| Chicken Strip (Sweet Chilli) & Salad | \$5.00 |
| Tuna & Salad | \$5.00 |
| Add Egg | \$1.00 |
| Add Cheese | \$0.50 |
| Add Beetroot | \$0.50 |

Salad trays include lettuce, tomato, cucumber and carrots.

SANDWICHES/WRAPPS OR ROLLS

| | |
|--------------|--------|
| Vegemite | \$2.50 |
| Chicken | \$3.50 |
| Ham | \$3.20 |
| Tuna | \$3.50 |
| Egg | \$3.20 |
| Cheese | \$3.20 |
| Add Salad | \$0.80 |
| Add Cheese | \$0.50 |
| Add Beetroot | \$0.50 |

MONDAY

| | |
|------------------------------------|--------|
| Large Chicken Strip Sub with Salad | \$5.00 |
| Mini Chicken Strip Sub with Salad | \$4.00 |

Chicken Strip with lettuce, tomato and grated carrots in a white roll with low fat Mayo.

| | |
|------------------------------|--------|
| 2 Yummy Drumsticks (1 serve) | \$2.80 |
| 4 Dino Snacks (1 serve) | \$2.80 |
| Add Veggie Sticks | \$1.00 |
| Add Corn Cob | \$1.30 |
| Chicken Tender Wrap & Salad | \$5.00 |

WEDNESDAY

| | |
|---|--------|
| Hotdog with Tomato Sauce | \$3.50 |
| 2 Yummy Drumsticks (1 serve) | \$2.80 |
| 4 Dino Snacks (1 serve) | \$2.80 |
| Add Veggie Sticks | \$1.00 |
| Add Corn Cob | \$1.30 |
| Sushi 5 Piece (chicken, tuna or Veggie) | \$5.50 |

FRIDAY

| | |
|------------------------------------|--------|
| Meat Pie | \$4.00 |
| Potato Pie | \$4.00 |
| Sausage Roll | \$3.00 |
| 1x Party Pie (max 3) | \$1.40 |
| Tomato Sauce | \$0.30 |
| Large Chicken Strip Sub with Salad | \$5.00 |
| Mini Chicken Strip Sub with Salad | \$4.00 |

Chicken Strip with lettuce, tomato and grated carrots in a white roll with low fat Mayo.

| | |
|-----------------------------|--------|
| Chicken Tender Wrap & Salad | \$5.00 |
|-----------------------------|--------|

This Menu follows the Traffic Light System from the Healthy Food and Drinks Policy. **Green** is an everyday food option and **Amber** is in moderation.



DRINKS

| | |
|--|--------|
| Water (600ml) | \$2.00 |
| Flavoured Milk (300ml) | \$2.20 |
| Up and Go (250ml) Chocolate or Vanilla | \$2.00 |

RECESS

| | |
|-------------------------------------|-------------|
| Fruit (seasonal) | from \$0.50 |
| Pasta Twirls | \$1.00 |
| Rice Crackers | \$0.50 |
| Small Cheesy | \$1.00 |
| Large Cheesy | \$2.00 |
| Chocolate Yogo | \$2.00 |
| Fruit Jelly Cup | \$1.50 |
| Cheese Portions | \$0.50 |
| Popcorn | \$0.50 |
| Yoghurt Pouches (assorted flavours) | \$2.00 |
| Muffin | \$2.00 |

GREEN- HEALTHY CHOICE
AMBER-SELECT CAREFULLY

PLEASE WRITE YOUR NAME, CLASS AND ORDER CLEARLY ON A BAG WITH CORRECT MONEY IF POSSIBLE. ANY CHANGE WILL BE TAPED TO THE FRONT OF THE LUNCH BAG.

ALL LUNCH ORDERS TO BE PLACED IN THE CLASSROOM BASKETS BY 8.45AM. ONLINE ORDERS ARE ALSO AVAILABLE FROM

www.quickcliq.com.au