



OUR LADY OF MERCY P.S. WINTER MENU 2022

MONDAY, WEDNESDAY & FRIDAY

Beefburger with Salad & Sauce	\$4.50
Chicken Burger with Salad & Mayo	\$4.50
Hot Chicken Roll with Mayo	\$4.50
Mini Hot Chicken Roll with Mayo	\$4.00
Macaroni Cheese	\$4.20
Lasagne	\$4.20
Corn Cob	\$1.30
Focaccia (Ham & Pineapple)	\$3.70

TOASTED SANDWICHES

Ham	\$3.20
Ham and Cheese	\$3.70
Ham, Cheese and Tomato	\$4.00
Chicken	\$3.50
Chicken and Cheese	\$4.00
Chicken, Cheese and Tomato	\$4.30
Cheese	\$3.20
Cheese and Tomato	\$3.50
Tuna and Cheese	\$4.00

SANDWICHES/WRAPPS OR ROLLS

Vegemite	\$2.50
Chicken	\$3.50
Ham	\$3.20
Tuna	\$3.50
Egg	\$3.20
Cheese	\$3.20
Add Salad	\$1.00
Add Cheese	\$0.50
Add Beetroot	\$0.50

All Sandwiches are made with wholemeal bread.

MONDAY

Large Chicken Strip Sub with Salad	\$5.00
Mini Chicken Strip Sub with Salad	\$4.50
Chicken Strip with lettuce, tomato and grated carrots in a white roll with low fat Mayo.	
2 Yummy Drumsticks (1 serve)	\$3.00
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)	\$3.00
4 Dino Snacks (1 serve)	\$2.80
Add Veggie Sticks	\$1.00
Add Corn Cob	\$1.30
Sushi (chicken, tuna or veggie)	\$5.50

FRIDAY

Meat Pie	\$4.20
Sausage Roll	\$3.20
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	\$4.50
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	\$2.20

RECESS

Fruit (seasonal)	from \$0.50
Pasta Twirls	\$1.20
Rice Crackers	\$0.50
Small Cheesy	\$1.00
Large Cheesy	\$2.00
Chocolate Yogo	\$2.20
Fruit Jelly Cup	\$1.50
Cheese Portions	\$0.50
Popcorn	\$0.50

Warm Milo (Recess only) \$1.50

Please note Milo only available for years 1-6

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.