

CHEESE & TOASTIE

- HEALTHY FOOD GUIDELINES -

- G** Green - fill the menu
A Amber - select carefully
GF Gluten Free
DF Dairy Free
V Vegetarian **H** Halal Certified

RECESS

Fresh Seasonal Fruit (G)(GF)(DF)	\$ 1.50
Cereal Cup (G)(DF)	\$ 1.30
Yoghurt (G)(GF)	\$ 1.30
Yoghurt & Muesli (G)	\$ 1.80
Yoghurt & Berries (G) (GF)	\$ 1.80
2 x Pancakes & Maple syrup (G)	\$ 2.20
1/2 Banana Bread slice (A)	\$ 1.80
Slinky Apple (G)(GF)(DF)	\$ 2.00
Cheese and Crackers(G)	\$ 2.20
Watermelon Cup (G)(GF)(DF)	\$ 3.00
Hot Chocolate(G)	\$ 2.70
Cereal with Milk (G)	\$ 3.00

SUSHI - (G) pre-order online only

Sushi Rolls - Cooked Tuna(GF), cucumber only(V), Chicken Lettuce, Avocado Only(V) & Chicken cucumber	\$ 4.60
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SANDWICH BAR (G) pre-order online only

Honey, Vegemite, or Jam	\$ 2.50
Light Tasty Cheese	\$ 3.50
Vegemite & Light Tasty Cheese	\$ 4.00
Smoked Ham	\$ 3.60
Smoked Ham & Cheese	\$ 4.60
Tuna Light Mayo	\$ 4.20
Tuna Light Mayo & Cheese	\$ 4.60
Roast Chicken	\$ 4.20
Roast Chicken, Lettuce & Light Mayo	\$ 5.00
Roast Chicken, Cheese & Lettuce	\$ 6.00



Breads (G) Whole meal with Margarine
 Gluten Free Bread - \$1.50 Extra

Lindfield East Public School Canteen Menu 2025

WRAPS (G) pre-order online only

Smoked Ham & Cheese	\$ 5.50
Roast Chicken, Lettuce & Light Mayo	\$ 5.50
Sweet Chilli Chicken & Cheese	\$ 6.00
Meat-Balls & Cheese	\$ 6.50

HOT WRAPS (G) - Burritos pre-order online only

Ham & Cheese Burrito	\$ 5.50
Roast Chicken & Cheese with Light Mayo sauce	\$ 6.00
Roast Chicken & Cheese with NO sauce	\$ 6.00
Sweet Chilli Chicken & Cheese	\$ 6.00

**Our Canteen roasted
100% Real
Chicken(H) for all of
our Sandwiches,
Wraps and Salads
everyday**



WEEKLY SPECIALS DISH

Keep an eye out on the blackboard outside of the canteen for dish of the day.

Some foods may not be available & may change according to season, weather or school events!

OCCASIONAL ITEMS (A) pre-order online only

Beef Meat Pie	\$ 5.00
Beef Meat Pie (GF)	\$ 6.50
Beef Meat Pie (Halal)	\$ 5.00
Chicken & Veg Mornay Pie (GF)	\$ 6.50
Sausage Roll	\$ 4.20
Sausage Roll (GF)	\$ 5.50
Spinach & Fetta Roll (V)	\$ 4.60
Hot Dog (Friday only)	\$ 4.80
Chicken Gougoun Nuggets (4) (H)	\$ 4.00

**BIRTHDAYS - ICE-BLOCK
(Quelch) BUCKETS
ENQUIRE WITHIN
CANTEEN!**

Lindfield East Public School

EVERY DAY HOT LUNCH (G) Constantly changing see in store

Made fresh daily - see Menu board for more option

Beef Lasagne	\$ 5.00
Pasta Napoletana	\$ 5.20
Pasta Napoletana with Cheese	\$ 5.70
Corn & Chicken Dumplings with Soy Sauce(G)(6)	\$ 4.50
Corn & Chicken Dumplings Noodle Soup(G)(DF)	\$ 5.80
Rice, seaweed and soy sauce (G)(GF)(DF)	\$ 5.20
Butter Chicken with Rice	\$ 6.20
Meat-Balls pasta (G)	\$ 6.00
Poached Chicken noodle soup (G)with lovingly crafted homemade complex Broth	\$ 5.80
Home Made Pizza - Pineapple, Ham & Cheese, BBQ Chicken, cheese only (Tuesday only)	From \$4.50
Cheese Burger	\$ 6.00

DRINKS (G)

Bottled Water (G)	\$ 2.50
Plan Milk 300ml (G)	\$ 2.00
Just Juice box (G)	\$ 2.50
Apple, Orange, Apple Blackcurrant	
Flavoured Milk 300ml (G)	\$ 3.20
Chocolate, Strawberry	
GLEE Juice Bubbles (99%Sparkling fruit juice)	\$ 3.00
Tropical, Blackcurrant and Raspberry	
Hot Chocolate (G)	\$ 2.70

Soups - (G) Winter only, all served with a dinner roll

Home Made fresh daily -change every week

Pumpkin Soup(V)	\$ 5.50
Sweet corn Veggies(V)(DF), or Chicken soup	\$ 5.50
Clear Chicken Veggie Broth (no dinner roll)	\$ 4.00

SNACKS and FROZEN ITEMS

Frozen seasonal fruit (G) - from \$0.30 to \$1.00 (watermelon, pineapple, orange, grapes, strawberry)	
Moosies (GF)(frozen flavoured milk)	\$ 2.30
Frozen Fruit Juice Cup (G) - Apple, Pineapple and Apple Blackcurrant	\$ 1.80
Paddle pop	\$ 2.50
Popcorn Bag - (GF)(V)	\$ 2.50



**** With your lunch order "Ice Cold Treats"
should be collected from the canteen after
the eating period ****



All lunch orders must be placed by 9:00am.

Canteen open Monday to Friday Recess and Lunch. Pre-order at ***Flexischools.com.au***