



**Oak Park Primary School
Student Lunches
'Just Lots' Catering
Winter 2009 Menu**



Wholemeal wraps, light rye or wholegrain bread

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| # 1. | Poached chicken breast, homemade mayonnaise and baby spinach | \$5.00 |
| # 2. | Lean ham, sliced cheese and tomato | \$4.50 |
| # 3. | Salad sandwich | \$4.50 |
| # 4. | Roast meat, carrot, spinach and chutney | \$4.00 |
| # 5. | Lamb meatball wrap | \$5.00 |
| # 6. | Vegemite or Jam | \$3.00 |

Light meals

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| # 7. | Hot roast roll of day with tomato and onion gravy | \$5.00 |
| # 8. | Homemade Low Fat 'Vegetable & Sausage Roll' | \$3.00 |
| # 9. | Prime beef lasagna, roasted capsicum and light cheese sauce | \$5.00 |
| # 10. | Low Fat Traditional Meat Pie | \$4.00 |
| # 11. | Chicken breast burger, tomato and cheese | \$5.00 |

Fruit

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| # 12. | Fresh fruit salad / plus yoghurt (extra 50 cents) | \$4.50 / \$5.00 |
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Drink

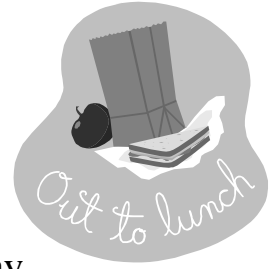
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| # 14. | Organic Orange Juice (500 ml) | \$3.00 |
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Sauce (Extra 20c)

Note: Baby spinach is used for its high nutritional value replacing iceberg lettuce that has none.

The menu above will commence Wednesday 22 July

How do we place our order?



- Parents are to fill in a lunch order either on an envelope or on the front of a paper bag as shown in the example below.
- The children must place their lunch order in the lunch order tray at the school kitchen before the assembly on a Wednesday; and inside their classroom lunch tub before 9:10am on a Friday.
- The school will take no responsibility for any children arriving late with lunch orders!
- On a Friday, lunch order monitors will take the lunch order tray to the Kitchen in the Multi-purpose room where it will be collected by a 'Just Lots' worker.

Example:

Bessie Smith	Grade 1/2 N	
1 x # 2 wrap (or light rye or wholegrain bread)		\$4.50
1 x # 13 with yoghurt		\$4.50

	Total enclosed:	\$9.00

- All monies should be in the bag or envelope. Change will be given by 'Just Lots', although correct monies are recommended.
- All queries must be made to 'Just Lots' catering to:
Steve on 9379-3842 or 0422 494 608 (or if you have any special dietary requirements you would like to discuss with him)
- NB. *The school office has no connection with the daily operations of the 'Just Lots' catering service, so please direct all questions to Steve on the above phone numbers.*