

[All orders must be placed on Qkr by 9:15am](#)

HOW TO PLACE AN ORDER

1. Lunch orders need to be placed online using the **Qkr!** app (qkr.mastercard.com). Download the app on your smartphone or iPad.
2. Snacks and Frozen Snacks can be purchased with cash (or pre-ordered via Qkr!) at lunchtime on Mondays and Wednesdays only. These need to be ordered via Qkr! on Fridays as the canteen is cashless on Fridays due to the volume of orders.

VOLUNTEERS

Lugarno Public School canteen always requires volunteers to ensure our canteen runs smoothly each day. No prior experience is necessary & Morning Tea, Lunch, Tea/Coffee, Cold drinks & good company are all provided.



LUGARNO PUBLIC SCHOOL CANTEEN MENU 2024



OPEN: Monday, Wednesday & Friday

A member of the
Healthy School Canteen Association



Canteen Manager: Sharon Steed 0430 290 077

If you can volunteer your time once a month or even once a term, please contact Sharon on the number above.

All orders must be placed on Qkr by 9:15am

DAILY LUNCH OFFERS - WEDNESDAY only

- **Cheesy Penne Pasta** \$5.00
Freshly cooked Penne pasta served with cheese

DRINKS – Available Daily - Lunch

- **Milk** \$2.30
98% Fat Free flavoured milk, available in chocolate & strawberry.
- **Bottled Water** \$2.30

MONDAY & WEDNESDAY LUNCH OPTIONS

All burgers, sandwiches & wraps are served on wholemeal unless otherwise stated, with all ingredients listed unless otherwise stated.

- **Salad Sandwich** \$5.00
Tomato, lettuce, cucumber, cheese, carrot & beetroot
- **Cheese & Tomato** \$3.50
- **Cheese, Tomato & Lettuce** \$4.00
- **Egg** \$3.70
- **Egg & Lettuce** \$4.20
- **Egg & Carrot** \$4.50
- **Ham (99% fat free) & Tomato** \$4.20
- **Garden Salad Box** \$5.00
Tomato, lettuce, cucumber, cheese, carrot & beetroot
- **Garden Salad Box Plus** \$5.50
Add Ham (99% fat free), Grilled Chicken, Egg or
- **Design Your Own Sandwich** 3 fillings for \$4.00
Add 50c for extra – combination from ingredients listed above.
- **LPS Burger** \$5.50
Fresh grilled chicken breast with lettuce & mayo on a wholemeal roll.
- **Banksia Brunch** \$5.50
Low-fat beef patty on a wholemeal roll with lettuce, tomato, cheese & beetroot with your choice of tomato or BBQ sauce
- **Vegetarian Burger** \$5.00
Vegetarian patty served on a wholemeal roll with lettuce & tomato with your choice of mayo or sauce.
- **Hungry Hakea** \$5.50
99% fat free ham, cheese & tomato on wholemeal bread or wrap, toasted.
- **Cheese Toastie** \$3.80
Toasted cheese sandwich on wholemeal bread or wrap
- **Make Your Own Pizza** \$5.50
Pizza base with tomato or BBQ sauce and your choice of 4 toppings. Choose from: Grilled chicken, 99% fat free shredded ham, onion, pineapple, diced tomato, green capsicum & garlic.
- **Lasagne** \$5.20
- **Macaroni Cheese (frozen)** \$5.20
- **Muffin Pizza** \$2.50
1/2 a wholemeal muffin topped with tomato sauce, shredded cheese, shredded ham & diced tomato and grilled in the oven.

- **Vegetable Spring Rolls** \$1.30
- **Chicken or Beef Noodle cup** \$3.80
- **Chicken Nuggets (gluten free)** \$1.20
- **Yummy Drummies** \$1.40
- **Potato Wedges** \$4.70

FRIDAY OPTIONS

Note: Limited menu due to sport

LUNCH

- **Sushi - Tuna & Avocado** \$4.50
- **Sushi - Salmon & Cucumber** \$4.50
- **Sushi - Chicken Teriyaki & Cucumber** \$4.50
- **Sushi - Tuna** \$4.50
- **Sushi - Avocado** \$4.50
- **Sushi - Salmon & Avocado** \$4.50
- **Sushi - Tuna & Avocado** \$4.50
 - Delivered fresh from Riverwood Sushi
- **Rice Paper Rolls - Chicken & Salad** \$4.70
- **Rice Paper Rolls - Tuna & Salad** \$4.70
- **Rice Paper Rolls - Vegetarian** \$4.70
 - Delivered fresh from Riverwood Sushi
- **Lasagne** \$5.20
- **Macaroni Cheese** \$5.20
- **Cheese Toastie** \$3.80
- **Yummy Drummies** \$1.40
- **Chicken Nuggets (gluten free)** \$1.20
- **Chicken Noodle cup** \$3.80
- **Meat Pie** \$4.00

OTHER

- **Tomato or BBQ Sauce sachet** 40c
- **French Dressing** 40c

MONDAY & WEDNESDAY SNACKS

Available Monday & Wednesday – Lunch only

- **Apple – fresh whole** \$1.00
- **Mandarin – fresh whole** \$1.00
- **Orange – fresh whole** \$1.00
- **Orange - frozen quarter** 25c
- **Pineapple - frozen ring** 50c
- **Frozen Orchy Cup – (Apple & Blackcurrant)** \$1.50
- **Frozen Orchy Cup – (Orange)** \$1.50
- **Frozen Orchy Cup - (Apple)** \$1.50
- **Iced Mony/TNT** \$1.50
- **Quelch Fruit tube ice block** \$1.00
- **Snap Stix** \$1.00
- **Chocolate Moosie** \$1.50
- **Breadsticks** 20c
- **Sea Salt Chips** \$1.50
- **Sour Cream & Chives Grain Waves** \$1.50
- **Bag of Popcorn** \$1.50

FRIDAY SNACKS

Available - Friday Lunch only

- **Apple – fresh whole** \$1.00
- **Mandarin – fresh whole** \$1.00
- **Orange – fresh whole** \$1.00
- **Orange – frozen quarter** 25c
- **Pineapple - frozen ring** 50c
- **Frozen Orchy Cup - (Apple & Blackcurrant)** \$1.50
- **Frozen Orchy Cup - (Orange)** \$1.50
- **Frozen Orchy Cup - (Apple)** \$1.50
- **Iced Mony/TNT** \$1.50
- **Quelch Fruit tube ice block** \$1.00
- **Snap Stix** \$1.00
- **Milk(Chocolate & Strawberry)** \$2.30
- **Water** \$2.30
- **Chocolate Moosie** \$1.50
- **Breadsticks** 20c
- **Bag of Popcorn** \$1.50

KEY

GREEN
ORANGE

Everyday Foods
Occasional Foods