

LEPS Canteen Menu 2020 – Supplied by Lakes Pizza

Orders need to be in by Thursday 3.30pm – For delivery Friday Lunchtime

Best Choice

Choose Carefully

Fresh Sandwiches:	Rolls:	Wraps:
Wholemeal with butter White is optional	White with butter	White
\$2.50	\$3.00	\$3.00
\$2.50	\$3.00	\$3.00
\$3.50	\$4.00	\$4.00
\$4.00	\$4.50	\$4.50
\$4.00	\$4.50	\$4.50
\$4.50	\$5.00	\$5.00

Vegemite
Cheese
Cheese & Tomato
Ham & Cheese
Chicken, Lettuce & Mayo
Ham, Cheese & Tomato

Standard Salad: Lettuce, Tomato, Cucumber, Beetroot, Carrot, Cheese, Mayo

Salad	\$4.50	\$5.00	\$5.00
Ham & Salad	\$5.50	\$6.00	\$6.00
Chicken & Salad	\$5.50	\$6.00	\$6.00

Hot Food:

Corn Cobbette	Butter Optional	\$1.00	GF, V, VG
Steamed Dim Sim	Soy Sauce Optional	\$1.00	

Sauces Available: – Tomato, BBQ, Sweet & Sour	\$0.50
3 Chicken Breast Nuggets	\$2.50
Chicken Breast Schnitzel	\$3.00
Sausage Roll - 90g – House made	\$2.50
* Premium Beef Mince, Sausage Mince, Celery, Carrot, Red Onion, Egg, Breadcrumbs	
Hot Dog in a Fresh Long Roll	\$3.00
Add Mozzarella Cheese	\$0.50

Slice of Pizza – House made - ¼ Small		
Cheese	Garlic	\$3.00
Chicken BBQ	Aussie	\$3.50
Vegetarian	Hawaiian	\$3.50

House made:

Lemon Slice	\$1.50
Muffin – 80g	\$2.00
* Blueberry or Raspberry & White Chocolate	
Vanilla Yogurt Tub – Portioned Gippsland Dairy 170ml	\$2.50
Chocolate Mousse Tub – 100ml	\$2.50 GF
Fruit Salad Tub	\$4.50 GF, V, VG
- Served with Cutlery	

Snacks:

Fruit – Banana, Orange or Apple (Red Delicious, Pink Lady, Granny Smith)	\$1.00
Stringers – Original (Bega)	\$1.00 4 Stars, 100% Natural
Sultana Pkt	\$1.00 Nut Free, 1 Fruit Serve
* Sultana, Sultana & Apple, Sultana & Cranberry or Sultana & Apricot	
Two Fruits Tub	\$1.00 99% Australian
Popcorn Pkt	\$1.00 GF
Mini Bites - Rice Crackers (Sunrice)	\$1.00 GF
* Scary Salt & Vinegar, Creepy Cheese, Devilish Chicken, Spooky Original. Wholegrain Brown Rice	

Salad Bowl:

- Served with cutlery

Lettuce, Tomato, Grated Carrot, Cucumber, Mozzarella Cheese, Beetroot with Italian Dressing Sachet	GF	\$4.50
Optional: Capsicum, Red Onion, Olives, Mushrooms		
Optional: Housemade Garlic Sauce or Mayonnaise GF		

Cold:

Salad Bowl w/ Champagne Ham	GF	\$6.00
Salad Bowl w/ Shredded Chicken Breast	GF	\$6.00

Warm:

Salad Bowl w/ Falafel's	GF, VG	\$7.00
Salad Bowl w/ Chicken Breast Schnitzel		\$7.50
Salad Bowl w/ Slow Cooked Seasoned Lamb	GF	\$8.00

Soup – Chicken Noodle – House made	\$3.50
Penne Bolognese – House made	\$4.50 - Served with Cutlery
* Beef Bolognese topped with little Mozzarella Cheese	
Beef Nachos	\$4.50 - Served with Cutlery
Hamburger Plain – House made	\$4.50
* Lettuce, 100g Beef Patty, Cheese, Tomato Sauce	
Sweet Chilli Fresh Wrap	\$5.00
* Lettuce, 2 Chicken Sweet Chilli Tenders, Sweet Chilli Sauce, Mayo	
Mash Head – House made	\$5.00 - Served with Cutlery
* Mashed Potato, Bolognese Sauce & Mozzarella Cheese	
Chicken Breast Schnitzel Roll	\$5.50
* Lettuce, Cheese, 100g Chicken Breast Schnitzel, Mayo	
Veggie Burger	\$5.50
* Lettuce, Tomato, Cheese, Beetroot, Veggie Patty, Tomato Sauce	

Drinks:

Bottled Water – 600ml	\$1.00
V8 - Breakfast Juice (Apple, Orange, Pineapple, Carrot) 5 Stars	\$2.50
V8 - Tropical Juice (Apple, Pineapple, Passion fruit, Carrot) 5 Stars	\$2.50
JJ Prima (Orange, Apple, Apple & Blackcurrant, Paradise Punch) 5 Stars	\$2.00
Keri Juice Bottle	\$2.50 100% Juice – Australian
* Orange, Apple, Orange & Mango, Pineapple & Apple	
Big M – Chocolate Original, Strawberry - 300ml Bottle	\$3.00

Museli Bar - Strawberry Yoghurt (Uncle Tobys) 100% Wholegrain Oats	\$1.00
Grain Waves – Sour Cream & Chives. Wholegrain	\$1.50
Red Rock Deli Pkt	\$1.50
* Sea Salt & Vinegar, Sweet Chilli & Sour Cream, Honey Soy Chicken or Sea Salt	
Tasty Cheese & Crackers – Mainland	\$3.00
Twist Yogurt – Gippsland Dairy – 160g	\$3.00 GF
* Blueberry, Toffee & Honeycomb, Mango & Orange, Passion fruit or Watermelon & Strawberry	

We follow the Traffic Light labelling system for food

All recipes have been checked to fall in their correct category, so you can make informed decisions

Our Kitchen is a Allergy Aware Kitchen

Please write Allergies in **RED**, feel free to call 0416 837 785 to discuss them. While our Kitchen takes EVERY precaution in preparation with any allergens, we can't guarantee 100%

