



TERM 1  
2023



- Lots of old favourites
- Some new items
- Weekly \$6 specials

Order via [www.flexischools.com.au](http://www.flexischools.com.au)

Don't forget to update your account with your child's new class  
OR  
Create an account to place a lunch order



## 2023 Term 1 Latham Lunchbox Menu

Open Tuesday, Wednesday and Thursday  
Counter sales only on Fridays  
Phone 6142 0095  
Daily Orders [lathamlunchbox@gmail.com](mailto:lathamlunchbox@gmail.com) - Emma  
Feedback [canteencoord.lathampanc@gmail.com](mailto:canteencoord.lathampanc@gmail.com) - Barbara

Munchies (Lunch and Recess)		Sushi Bowls (Lunch)		Hot Food (Lunch)		Pizza (Lunch)	
Fruit salad cup	\$2.50	Brindabella Bowl (Tuna) - DF/GF	\$5.00	Corn on the Cob (sml)	\$0.50	Vegetarian (Capsicum, Corn, Pineapple) (GF/DF option) - V	\$5.00
Seasonal Whole of Fruit	\$1.00	Casuarina Bowl (Teriyaki Chicken) - DF/GF	\$5.00	Dino Snacks (3,6 or 9)	\$1.00	Cheese (GF/DF option) - V	\$4.50
Carrot Stick (x5)	\$0.50	Umbagog Bowl (Teriyaki Tofu) - DF/GF/V	\$5.00	Fish Cocktails (1 or 3) *NEW	\$1.50	Ham (GF/DF option)	\$5.00
Celery Stick (x5)	\$0.50	Soy Sauce - DF/GF	\$0.50	Meat Pie	\$4.00	Ham and Pineapple (GF/DF option)	\$5.00
Cherry tomato (x2)	\$0.50	All bowls come with Sushi rice, Edamame, Corn, Cucumber, Carrot and Seaweed		Sausage Roll	\$3.50	<b>Drinks (Lunch and Recess)</b>	
Hard Boiled Egg	\$1.00			Hot Chips	\$2.50	Flavoured Milk	\$3.00
Pretzels - DF	\$1.00	<b>Sandwiches (Lunch) white, wholemeal, GF and V options</b>		Hash Browns - DF/GF	\$1.00	Fruit Box	\$2.00
Popcorn - DF/GF/V	\$0.50	Cheese - V	\$2.00	Tomato/BBQ Sauce	\$0.50	Plain Milk or Soy Milk (DF)	\$2.00
ANZAC Biscuit - DF	\$0.50	Ham	\$3.00	<b>Pasta (Lunch)</b>		Sippah Straw - DF/GF	\$1.00
Pikelet	\$0.50	Ham, Cheese & Tomato	\$3.50	Napolitana (GF/DF option) - V	\$4.50	<b>Frozen Items (Lunch)</b>	
Cheese & Crackers - (GF/DF option)	\$2.00	Chicken (salad optional)	\$4.00	Bolognese (GF/DF option)	\$4.50	Frozen Yoghurt	\$3.00
Vege Snacks (Chips) - DF/GF/V *NEW	\$1.00	Salad - V	\$3.00	Extra Cheese/Dairy Free Cheese	\$0.50	Frozen Juice Cup	\$2.00
Side salad *NEW	\$2.00	Vegemite	\$2.00			Quelch Icey Pole	\$1.00

**\$6**

**Weekly Specials \*NEW  
(Lunch)**

**\$6**

Week 1 Beef Burritos - Beef, refried beans, lettuce, tomato, cheese and a wrap  
Week 2 Rice Paper Rolls x2 - Chicken, rice, cucumber and carrot in rice paper - DF/GF  
Week 3 Fried Rice - Rice, egg, capsicum, ham, corn and soy sauce - DF/GF  
Week 4 Mini Quiches x2 - Egg, ham, cheese, capsicum in a pastry cup  
Week 5 Meatball Subs (Vege option) - Meatballs with cheese and tomato on a long roll

Week 6 Butter chicken with rice - Chicken, potatoes, carrots and rice - DF/GF  
Week 7 Chicken Burgers - Chicken Schnitzel with lettuce and mayo - DF  
Week 8 BBQ chicken wings with fried rice  
Week 9 Sweet chilli chicken noodles - chicken, carrot, capsicum, snowpeas, hokie noodles, sweet chilli sauce - DF  
Week 10 Nachos - Corn chips with taco mince, cheese and salsa - DF/GF

Lunch and recess orders via Flexischools only, <https://www.flexischools.com.au/>

Various munchies, drinks and frozen items are available for counter sales during Lunch time only.