



Camelot Rise Primary School Menu

Lunch order price list as of Semester 1 2008, GST included.

Lunches provided by Gourmet Delish, Shop 2, 96 The Glen Shopping Centre.

Phone: 9802 4280

www.gourmetdelish.com.au

Sandwiches: (Rolls \$0.50 Extra)

White, Wholemeal or Multigrain Bread.

(If not specified the healthier option will be provided).

Vegemite or Honey	\$1.50
Cheese	\$2.20
Cheese & Salad	\$3.50
Plain Salad	\$3.00
Ham	\$3.00
Ham & Cheese	\$3.25
Ham, Cheese & Salad	\$4.50
Egg	\$2.50
Egg & Salad	\$3.50
Fresh Chicken	\$3.50
Fresh Chicken & Salad	\$4.75
Chicken & Avocado	\$4.25
Chicken, Cheese & Avocado	\$4.75
Tuna	\$3.00
Tuna & Salad	\$4.50
Turkey & Cranberry	\$4.50
Turkey & Salad	\$5.00

(Toasted Sandwiches no extra cost)

Pita Bread Wraps:

Ham & Salad Wraps	\$3.70
Chicken & Salad Wraps	\$3.70
Salad Wraps	\$3.70
Cheese & Salad Wrap	\$3.70
Tuna & Salad Wrap	\$3.70
Turkey & Cranberry	
With Salad	\$5.00

Toasted Focacias

Chicken, Avocado & Cheese	\$5.00
Tandoori Focacia	\$5.00
Roasted Vegetable Focacia	\$5.00

Thirst Quencher:

300ml Plain Milk	\$1.70
250ml Big M	\$2.00
(Chocolate or Strawberry)	
Mt Franklin Water	\$2.00
250ml Fruit Juice	\$2.20
(Orange, Apple, Tropical & Tomato)	

Hot Food:(Tomato Sauce \$0.25)

Corn on the Cob (each)	\$1.00
Honey Soy Chicken	
Drumsticks (each)	\$2.20
Zucchini Slice	\$3.50
Pumpkin and Spinach	
Frittata	\$3.50
Lean Beef Burger	\$3.50
(with Lettuce and Tomato)	

Treats:

Whole Fresh Fruit	\$1.50
(Apple & Orange)	
Fresh Fruit Salad	\$2.50
Carrot, Celery & Cucumber Sticks	
with Dip	\$2.00
98% Fat Free Yogurt	\$2.70
(Vanilla, Blackberry, Mango, Passion Fruit & Muesli)	
Jelly Cups	\$1.50

Daily Lunch Specials

Thursday: Spaghetti Bolognaise	\$3.80
Shepherds Pie	\$3.50
Beef Lasagna	\$3.80

Ordering Instructions

- Please write child's name and class and the required order in a sealed envelope with the total amount for the order. This should be put in the lunch order box at school by 9.30am.

If the child is running late parents can make a phone orders on 9802 4280 prior to 10am with a credit card.