



# Lot-a Lunch 2017

## Hot food

(available 1<sup>st</sup> break only)

<b>Lota Burger</b>	<b>4.50</b>
Homemade lean beef pattie with cheddar, lettuce, tomato, on a burger bun	
<b>Cheesy Garlic Bread</b>	<b>1.50</b>
<b>Hotdog</b>	
with salt reduced tomato ketchup	<b>3.50</b>
<b>The Meatball Sub</b>	<b>4.00</b>
Beef meatballs made on site with Napoli sauce, tiger roll and heaps of hidden goodies	
<b>Mexican Burrito</b>	<b>4.20</b>
Toasted tortilla wrap, packed with poached chicken, melted cheese and refried beans	
<b>Taco Boat</b>	
Soft Tortilla shell with taco mince, cheese, salsa, lettuce and tomato	<b>4.00</b>
<b>Open Melts on a tiger roll.....</b>	
<i>Margarita Madness</i>	<b>3.00</b>
Vine ripened tomato, lite cheese and fresh herbs	
<i>Livin La Lota Hawaiian</i>	<b>3.00</b>
Ham, pineapple, Napoli sauce, lite cheese and fresh herbs	

## Cold Dishes

(available both breaks)

<b>Chicken Caesar Salad Box</b>	<b>4.50</b>
Poached chicken, croutons, boiled egg, grilled bacon, lettuce, lite Caesar dressing	
<b>Mediterranean Salad Box</b>	<b>4.00</b>
Vine ripened tomato, cucumber, feta, olives and lettuce with balsamic dressing	
<b>Mexican Salad Box</b>	<b>3.00</b>
Grilled tortilla chips, homemade bean salad with tomato salsa and lite sour cream	

***Did you know all funds raised by the canteen are reinvested in providing resources for our Lota Students?***

## Sandwiches & Wraps

(available both breaks)

<b>Classic BLT</b>	<b>3.80</b>
Grilled bacon, lettuce & vine ripened tomatoes on freshly baked tiger roll	
<b>Create Your Own.....</b>	
<b>Wrap</b>	<b>3.50</b>
<b>Tiger Roll</b>	<b>4.00</b>

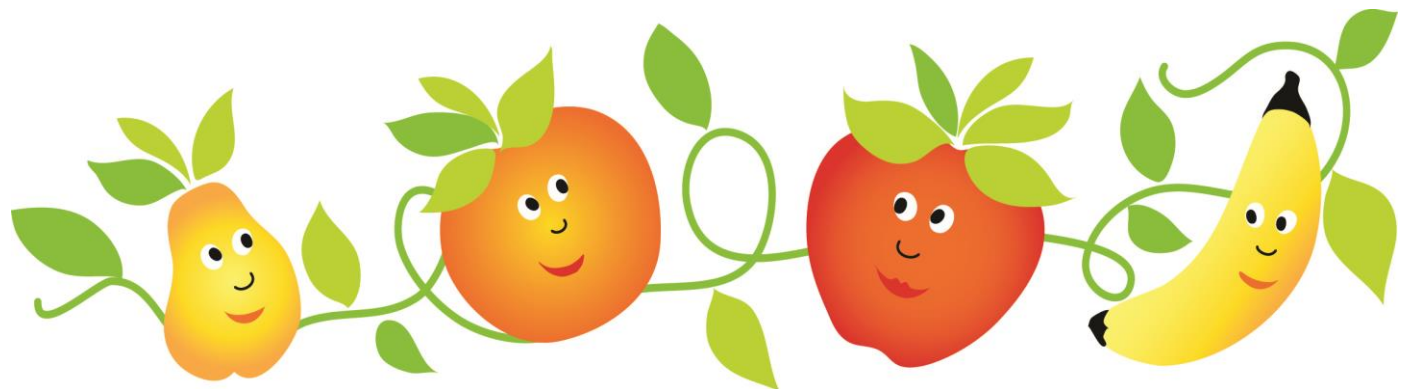
*Choose either poached chicken breast or ham*

*Up to four extras....*

Lettuce, vine ripened tomatoes, carrot, cucumber, olives, feta, lite cheese  
Boiled egg, toasting

*Choose your Dressing....*

Lite Caesar, tomato salsa, lite sour cream  
Napoli sauce





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## Power Snacks

*(available both breaks)*

Carrot Sticks	0.50
Apple Slinky	1.00
Orange Wedges	1.00
Frozen Pineapple Ring	0.50
Boiled Egg	1.00
Cheese and Crackers	1.50
Mini Quiche Ham and cheese	1.20
Snacking Popcorn	1.00
Choc Energy Balls	0.80
Cream cheese & ham roll-up	1.20
Home made cookie	1.00
Freshly baked fruit muffin	1.50
Home bake brownie	1.20

## Cold Drinks

*(available both breaks)*

Spring water 600ml	1.20
Plain Milk	1.50
100% Tropical Juice	2.00
100% Orange Juice	2.00
Chocolate Flavored Milk	2.00
Strawberry Flavored Milk	2.00

## Frozen Treats

*(first break only)*

Low fat ice-cream cups	1.50
Banana Frogurt Yummy frozen banana treat	1.00
Frozen fruit cups	1.20

## Hot Drinks

*(available 8.15am-9am)*

Flat white	3.50
Latte	3.50
Cappuccino	3.50
Long Black	3.50
Caramel Latte	4.00
Breakfast Tea	2.00

