

LUNCH ORDERS

Carlton Primary School offers highest quality lunch orders to the children. The lunches are made by the Sorghum Sisters who run a catering company on site at the school. The cooks at the Sorghum Sisters also play a role in the school promoting healthy eating; they talk with the children about healthy choices, and follow through with the meals they provide. The women also do some cooking with the older students, using produce from the kitchen garden.

The menus change seasonally; below is an example of what is on offer.



SORGHUM SISTERS Children's Lunch Menu for Carlton Primary School

Term 3 menu available Tuesdays & Thursdays

Wholemeal Lebanese Bread Wrap filled with:

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| 1. Chicken poached, mixed with mayonnaise & served with salad | \$3.50 |
| 2. Creamy Egg & salad | \$3.50 |
| 3. Tuna & salad | \$3.50 |
| 4. Cheese & salad | \$3.00 |

Hot Stuff:

Toasted Cheese & Tomato Sandwich	\$2.00
Healthy Home Made Pasta Bake	\$2.50
Marinated & Baked Chicken Drumettes (3 per serve)	\$2.00
Mini Corn Cob	\$0.50
Home Made Soup	\$2.00

Drinks:

Juices: Apple, Orange, Apple & Blackcurrant	\$1.50
Bottled Water (300mls)	\$1.50
Nippy's Flavoured Milks: Chocolate, Strawberry (250ml)	\$2.00

Sorghum Sisters Healthy Treats:

'Keep you on the ball' Energy Mix	\$1.50
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(sultanas, apricots, coconut, choc chips & seeds)	
Slinky's: Apple or Pear	\$0.50
Fresh Fruit Salad	\$1.50
	(with yoghurt & honey) \$2.00
Whole Fruit in season	\$0.50
Healthy Sorghum Sisters biscuit	\$0.50
Cheese & Vege stick pack	\$1.00
Popcorn	\$0.80

Term 4 menu available Tuesdays & Thursdays

Wholemeal Lebanese Bread Wrap filled with:

5. Chicken poached, mixed with mayonnaise & served with salad	\$3.50
6. Creamy Egg & salad	\$3.50
7. Tuna & salad	\$3.50
8. Cheese & salad	\$3.00

Other Stuff:

Dip, Crispy bread & Vege sticks	\$2.00
Healthy Home Made Pasta Salad	\$2.50
Marinated & Baked Chicken Drumettes (3 per serve)	\$2.00
Mini Corn Cob	\$0.50

Drinks:

Juices: Apple, Orange, Apple & Blackcurrant	\$1.50
Bottled Water	\$1.00
Nippy's Flavoured Milks: Chocolate, Strawberry (250ml)	\$2.00

Sorghum Sisters Healthy Treats:

'Keep you on the ball" Energy Mix	\$1.50
(sultanas, apricots, coconut, choc chips & seeds)	
Slinky's: Apple or Pear	\$0.50
Fresh Fruit Salad	\$1.50
	(with yoghurt & honey) \$2.00
Healthy Sorghum Sisters biscuit	\$0.50
Cheese & Vege stick pack	\$1.00
Popcorn	\$0.80