



ChalkBoard Catering
Smart Food For Smarter Minds

Name: _____

Office use only - Order Number : _____

Order Cost

\$

Lunch Pre Order Form

Simply tick the box next to the item you would like, drop the form and payment off to the canteen before Recess and collect at lunch time.

Breads & Sandwiches		Meat/Minis		Summer/Salad Selection			
Multigrain Bread 396Kj	\$ 0.80	Ham 215Kj	\$ 2.00	Tomato 22Kj	\$ 0.50	Egg curried 498Kj	\$ 1.00
Wholemeal Bread 394 Kj	\$ 0.80	S/less Chicken 315Kj	\$ 2.50	Cheese 294Kj	\$ 0.60	Spanish onion 13Kj	\$ 0.40
White Bread 410Kj	\$ 0.80	Tuna 211Kj	\$ 2.00	Lettuce mix 339Kj	\$ 0.50	Carrot 39Kj	\$ 0.30
Bread Roll White 734 KJ	\$ 1.20	Roast Beef 478Kj	\$ 2.50	Iceberg lettuce 0Kj	\$ 0.40	Alfalfa 13Kj	\$ 0.40
Bread Roll Wholemeal 632Kj	\$ 1.20	Roast pork 70Kj	\$ 2.50	Cucumber 15Kj	\$ 0.40	Avocado 427Kj	\$ 1.50
Bread Roll Multigrain 704Kj	\$ 1.20	Falafel 1077Kj	\$ 2.00	Beetroot 76Kj	\$ 0.50	Mayonnaise 98Kj	\$ 0.20
Tortilla Wrap Full 12 " 353Kj	\$ 1.50	Salami Mild 336Kj	\$ 2.00	Pineapple 72Kj	\$ 0.60	Mustard Mild 97Kj	\$ 0.20
Tortilla Wrap Half 12 " 177Kj	\$ 1.00			Egg plain 396Kj	\$ 1.00	Casear Dressing 71Kj	\$ 0.20

Cesaer Salad 907Kj	\$5.50	Waldorf Salad 985Kj	\$5.00		
Garden Salad 738Kj	\$4.00	Italian Salad 925Kj	\$4.50		
Pasta Salad 812Kj	\$4.00	Greek Salad 218Kj	\$4.50		
Roast Chicken 882Kj	\$5.50	Potato Salad 912Kj	\$4.00		
Ham 215Kj	\$5.50	Coleslaw 474Kj	\$4.00		
Roast Beef 441Kj	\$5.50				
Tuna 188Kj	\$5.00				
Egg Salad 1164Kj	\$5.00				



Average Daily Kjs for an active Adolescent is 12000Kj Source

Office use only : Order Number : _____ Receipt / tear off and give to customer

Name: _____ Order cost: \$