

2017 CANTEEN MENU (as of TERM 2)

All food on this menu complies with the Right Bite Strategy for South Australian School Canteens.

Manageress: Cathy Swansson Phone: 8682 4097

Green—Healthiest Choice. Amber—Sometimes foods.

Food to be ordered in a clean paper bag via lunch bag system by 10.00 am.

Lunch order bags available for 5c each. Can buy from supermarkets also.

Primary School :

Put student and teacher name only on the bag.

Junior Primary :

Put student name and room number only on the bag.

Please include the amount of money enclosed.

Use Blue or Black Pen.

FOLD BAG, DO NOT STICK OR STAPLE

Please ensure lunch orders are in by 10am at latest.

Due to Food safety regulations the canteen is unable to heat food bought from home.

EVERY DAY AMBER FOODS

Chicken Nuggets (6 maximum)	50c each
Add a salad tub with your Nuggets for	\$3.00
(Salad = lettuce, carrot, cheese, cucumber and tomato)	
Tomato Sauce (pkt)	.30c
Chicken & Gravy Rolls	Hot \$5.00
Cheese & Bacon Rolls	Cold \$1.70
With Butter + 30c	Hot \$2.20
Pizza (Bakery made) Slice	\$5.00
Hot Mini Pita Pockets	
Chicken and cheese	\$4.00
Ham and cheese	\$4.00
Hot Corn on Cob	\$1.50
Beef Lasagne (fork incl.)	\$5.00
Macaroni & Cheese (fork incl.)	\$5.00
Fried Rice (fork incl.)	\$4.00
Mini Pies (pkt of 8) Chicken or Beef	\$4.50
Mini Quiches Ham & Cheese	\$1.00 each
<u>If unavailable items are ordered, nuggets will be given.</u>	

EVERY DAY GREEN FOODS

<u>SANDWICHES</u> (White & W/Grain)		<u>ROLLS</u>	
Chicken	\$3.00	Buttered Roll	\$2.50
Ham	\$3.00		
Vegemite	\$2.00		
Cheese	\$2.50		
Tuna	\$3.00		
Egg	\$3.00		
Salad	\$4.00		
(cheese/tomato/cucumber/carrot/lettuce)			
<u>EXTRAS</u>			
Meat	\$1.50	Lettuce	.50c
Cucumber	.50c	Cheese	.50c
Tomato	.50c	Grated Carrot	.50c
Beetroot	.50c	Mayonnaise	.30c
Spoons	.10c		
Butter	.30c	Toasting/Heating	.50c
<u>SALAD PLATES- Available Everyday</u>			
Salad Only \$5.00			
Salad + Ham or Chicken or Tuna \$6.50			
(Salad = cheese/tomato/carrot/lettuce/boiled egg/ beetroot / cucumber + piece of bread)			
<u>SALAD WRAPS \$4.50</u>			
Comes with grated cheese/carrot/tomato/cucumber/ lettuce			
Extra \$1.50 for Chicken, Ham or Tuna			
Extra .30c for mayonnaise.			

COUNTER LINES

Homemade muffins & cakes as available	\$1.00
Homemade cookies as available	.50
Boiled Egg	\$1.00
Popcorn/ Pretzels/ Crisps	\$1- \$1.50
Vanilla yoghurt	
Fruit salad	
Snack Tubs as available	\$1.00

ICE CREAMS ONLY AVAILABLE AT PRIMARY SCHOOL AT LUNCH TIME. Do not order on lunch bag.

DRINKS

Plain Milk	\$2.00	Water 600ml	\$2.00
Flavoured Milk	\$3.00	Water 750ml	\$3.00
(Chocolate/Strawberry)			
Pop Top Juices	\$3.00	Sunraysia Juice pouch	\$2.50
(Apple/Blackcurrant, Orange, Apple) (Fruits of Forrest, Tropical)			

*Donations of fruit, vegetables and general items
eg gloves, hand towel etc. are always appreciated.*
VOLUNTEERS always welcome.