

## 2017 CANTEEN MENU TERM 3

Foods have been selected to meet the criteria of Right Bite Strategy for SA School Canteens.

Manageress: Cathy Swansson

Phone: 8682 4097

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

**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.

Chicken Nuggets (6 maximum)	<b>60c each</b>
Add a salad tub with your Nuggets for	\$3.00
(Salad = lettuce, carrot, cheese, cucumber and tomato)	
<b>Tomato Sauce (pkt)</b>	<b>.30c</b>
Chicken & Gravy Rolls	Hot \$5.00
Cheese & Bacon Rolls	Cold \$1.70
With Butter + 30c	Hot \$2.20
Pizza (Ham, Pineapple) Slice	\$5.00
Hot Mini Pita Pockets	
Chicken and cheese	\$4.00
Ham and cheese	\$4.00
<b>Hot Corn on Cob</b>	<b>\$1.50</b>
Beef Lasagne (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
Mini Quiches Veg & Cheese	\$1.00 each
Macaroni & Cheese (fork incl.)	\$5.00
Hot Dog	\$4.00 Tuesday and Wednesday only
½ Hot Dog	\$3.00 Tuesday and Wednesday only

**If unavailable items are ordered, nuggets will be given instead.**

### HEALTHY SNACKS (can be ordered by JP)

Boiled Egg	\$1.00
Fruit salad	\$2.00
Popcorn	\$1.00 or .50
Vanilla yoghurt	\$2.00

Other healthy items will be available over the counter at recess and lunch.

Selected Ice Creams available at Primary school lunch time only. Do not order on lunch bag.

**Green—Healthiest Choice.**

**Amber—Sometimes foods.**

**All items available every day.**

### SANDWICHES (White or Multi Grain) ROLLS

Chicken	\$3.00	\$4.00
Ham	\$3.00	\$4.00
Vegemite	\$2.00	\$3.00
Cheese	\$2.50	\$3.50
Tuna	\$3.00	\$4.00
Egg	\$3.00	\$4.00
Salad	\$4.00	\$5.00

(cheese/tomato/cucumber/carrot/lettuce)

Buttered Roll \$2.50

### EXTRAS

Meat	\$1.50	Lettuce	.50c
Cucumber	.50c	Cheese	.50c
Tomato	.50c	Grated Carrot	.50c
Beetroot	.50c	Mayonnaise	.30c
Butter	.30c	Toasting/Heating	.50c

(ordered items only)

### SALAD PLATES- Available Everyday

Salad Only \$5.00

Salad + Ham or Chicken or Tuna \$6.50

(Salad = cheese/tomato/carrot/lettuce/boiled egg/ beetroot / cucumber + piece of bread)

### SALAD WRAPS \$4.50

Comes with grated cheese/carrot/tomato/cucumber/ lettuce

Extra \$1.50 for Chicken, Ham or Tuna

Extra .30c for mayonnaise.

### **DRINKS**

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

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

***VOLUNTEERS always welcome.***

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