

2018 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

SPECIAL AVAILABLE FRIDAYS WEEK 3 AND WEEK 8 (EVERY TERM)

Chocolate Donut \$4.00

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.

Green—Healthiest Choice.

Amber—Sometimes foods.

Chicken Nuggets (6 maximum) 70c each

Add a salad tub with your Nuggets for \$3.50

(Salad = lettuce, carrot, cheese, cucumber and tomato)

Tomato Sauce (pkt) .30c

Chicken & Gravy Rolls Hot \$5.50

Hot Mini Pita Pockets (Ham and cheese) \$4.50

Hot Corn on Cob \$2.00

Beef Lasagne \$5.50

Fried Rice \$4.50

Mini Pies \$5.00

Mini Quiches \$1.00 each

Mini Pizza ((3 max) \$1.00 each

Hot Dog \$4.50

½ Hot Dog \$3.00

Chicken burger with salad \$6.00

Lite'nup Sausage Roll \$4.00

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

SANDWICHES (White or Multi Grain) **ROLLS** (White only)

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 \$3.00

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 \$5.50

Salad + Ham or Chicken or Tuna \$7.00

(Salad = cheese/tomato/carrot/lettuce/boiled egg/
beetroot / cucumber)

SALAD WRAPS \$5.00

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

Extra \$1.50 for Chicken, Ham or Tuna

Extra .30c for mayonnaise.

HEALTHY SNACKS (can be ordered by JP)

Boiled Egg \$1.00

Fruit salad \$2.00

Popcorn \$1.00 or .50

Vanilla yoghurt \$2.00

Fruit Salad bites .15c ea

Chicken JJs \$1.00

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.

DRINKS

Plain Milk \$2.00 Water 600ml \$2.00

Flavoured Milk \$3.50 Water 750ml \$3.00

(Chocolate/Strawberry)

Fruit juice \$3.00 (Orange, Apple, Fruits of Forrest, Tropical)

**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.