

HEALTHY CANTEEN MENU

SPECIAL FOOD DAYS WILL BE IN THE NEWS LETTER

AVAILABLE DAILY

SANDWICHES ON WHOLEMEAL BREAD

Buttered Bread	\$1.50
Vegetmite	\$2.00
Vegetmite and Cheese	\$3.00
Cheese	\$2.50
Chicken	\$3.00
Tuna	\$3.00
Egg	\$3.00
Tomato	\$3.00
Tuna with Salad	\$4.50
Chicken with Salad	\$4.50
Chicken and Mayonnaise	\$3.50
Salad	\$4.00
Egg and Lettuce	\$3.50
Cheese, tomato & Lettuce	\$3.50
Toasted cheese	\$3.00
Toasted cheese and tomato	\$3.50
Toasted cheese and vegetmite	\$3.50



FRESH FRUIT OR VEGETABLES



Seasonal fruit always available from	\$1.00
Fruit Salad	\$3.00
Boiled Whole Egg	\$1.00
Seasonal Salad Cups	\$2.50
Garden Salad (lettuce, tomato, carrot, cucumber, corn)	\$4.00
Tuna, Chicken, Egg avail for salad extra	\$1.00
Corn Cob	Full \$2.00 1/2 \$1.00

DRINKS & FROZEN SNACKS

Poppas Just Juice, 5 Flavours	\$1.00
Plain Water 250ml (Small)	\$1.00
Plain Water 600ml (Large)	\$2.00
Berri Quelch Frozen Fruit Sticks(Various Flavours)	\$1.00
Juice Bomb, 8 Flavours	\$2.00
Chill J, 6 Flavours	\$2.00
Big M-Milk Choc/Strawberry	\$2.00
Up & Go Choc/Strawberry/Banana/Vanilla	\$2.00
Orchyr Juice Orange / Apple	\$2.00
M2Go Milk (Choc/Strawberry)	\$2.00
Twisted Frozen Yoghurt, 4 Flavours	\$2.00
Moosie – choc, blueberry	\$1.50
Fruit frozen juice cup, 4 Flavours	\$1.00
Juices (Tropical, Apple, Wildberry)	\$1.00

Monday to Friday

Lasagne	\$4.50
Vegetarian Lasagne	\$4.50
Spaghetti	\$4.50
Macaroni Cheese	\$4.50
Bolognese Twista	\$4.50
Corn Chips	\$3.00
Salsa or Sour Cream (each)	.50c
Honey Soy Chicken with Rice	\$4.50
Garlic Bread	\$2.00
Chicken Burger with lettuce & mayonnaise	\$4.50
Beef Burger with lettuce & tomato sauce	\$4.50
Pizza Margherita (cheese)	\$3.50
Pizza Cheese & Bacon	\$3.50
Oz Bake Pizza Wrap Meat (Lebanese Wrap)	\$3.50
Oz Bake Pizza Wrap Cheese (Lebanese Wrap)	\$3.50
Oz Bake Pizza Wrap Oregano (Lebanese Wrap)	\$3.50
Oz Bake Pizza Wrap Oregano & Cheese	\$3.50
Chicken Wedges	3 for \$4.00
Fish Finger	3 for \$2.50
Hot dog	\$3.50
Party Sausage Roll Lite	\$1.50
Meat pie	\$3.50
Party Pie Lite	\$1.00
Chicken nugget	5 for \$4.00
Chicken Drum Stick	\$3.00



SNACKS

Slinky Apple (Green or Red)	\$1.00
Fresh Fruit Cup Watermelon	\$1.00
Fresh Fruit Cup Rockmelon	\$1.00
Fresh Fruit Cup Strawberries	\$1.00
Plain Popcorn	\$1.00
Rice / Corn Cakes	.20c
Flavoured Popcorn (BBQ, Sweet Chill)	\$1.50
Smiths Salt & Vinegar Chips 27g	\$1.50
Jumpys (Chicken, Salt & Vinegar)	\$1.00
Mamee Noodle Snack (BBQ)	\$1.00
Corn Kernel Cups	\$1.00
Cheese and Crackers	\$1.00
Bags	.10c
Various Sauces (Tomato/BBQ)	.40c

Please fill out bags clearly with your child's full name and class. Our canteen is run by the Parents and Citizens Committee. All parents are welcome to help in any way, please see Mrs Julie Cook, Canteen Manager.

- No lunch orders are to be sent to the canteen during class time.
- NO CREDIT will be given by canteen staff. If you have any difficulties please see the Principal.
- Any child who forgets their lunch will be given a sandwich & fruit only. A note will be sent home with student and the parents are to send the money into the canteen the next day
- Halal products are available through the canteen
- Canteen will open at 8.30am to 8.55am to receive orders. Any orders before or after this time can be placed in the locked box outside canteen with order written and money inside. Any orders after 9.30am need to go to the office. Dated 02/2020