**Monday, Wednesday, Friday**

- **SUSHI**
  - Cooked Tuna $2.80
  - Vegetarian
  - Chicken Teriyaki
  - Californian

- **Sandwiches, Rolls & Wraps**
  - **Sandwich with Margarine** $2.00
  - **Roll with Margarine** $2.30
  - **Wrap with Mayonnaise** $3.00
  - Fillings
    - Vegemite $0.10
    - Egg $1.60
    - Chicken $1.60
    - Cheese $1.20
    - Ham $1.20
    - Tuna $1.00
    - Tomato/Lettuce $0.40
    - Beetroot $0.30
    - Mayonnaise $0.30
    - Carrot $0.20
  - **Salad Box**
    - Tomato, Carrot, Lettuce, Cheese, Cucumber

- **Drinks**
  - **JUST JUICE**
    - Apple or Orange 200ml $1.60
    - Plain Milk 300ml $1.20
    - Still Water 300ml $1.20
    - Frozen Orange Juice 100ml cups $1.60
    - Milk Chocolate or Strawberry 250ml $1.60
  - **Crunchy Munchies**
    - Fruity Nibble Mix $1.00
    - Veggie Sticks & Humous $2.00
    - Egg wrapped in Lettuce leaf $1.50
    - Fresh Fruit Salad Cup (not term 3) $2.50
    - Cheese Cubes Rice Crackers $1.50
    - Yogurt $1.60
    - Yogurt & Berries $1.60
    - Popcorn $1.20
    - Gingerbread Kids $1.20
    - Slinky Apples $0.60c

- **Cool Stuff**
  - Orange Smile ¼ Orange - frozen $0.40c
  - Quelch Fruit Stick 99% juice $0.60c
  - Streets Paddle Pop $1.60

**Wednesday**

- **Sausage Roll** $3.60
- **Pastie**

**Friday**

- **Super Duper**
- **Fried Rice** $2.50

**Monday & Friday**

- **Chicken Burger** $4.00
  - Wholemeal Roll Carrot & Lettuce
Please supply a large brown paper bag (if unable to supply a bag: they are available, at 10c each from canteen)

Write your child's name & TLA Number.

Food required from the canteen, price and total

Place money loosely wrapped in paper inside bag

Put bag in tin in classroom

Healthy Food is our focus

Correct Money Please

Phone orders are not accepted

Nutritional information is available in the canteen

Please remember that the school community benefits greatly from the efficient running of the canteen

Extra volunteers are always most welcome. Especially at the beginning and end of each canteen morning. IE: 9.30am and 12.15pm

Eddie Essex
TLA 19

Chicken Burger  4.00
Chocolate Milk  1.60
Orange Smile  .40

$5.00

Essex Heights Primary School Canteen