

Fillings for Sandwiches, Rolls, Jaffles & Potatoes

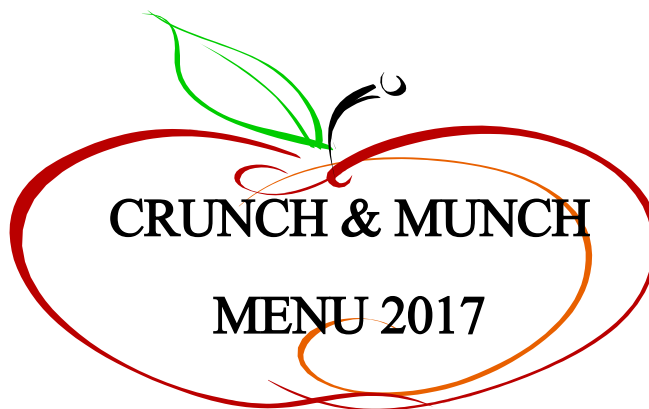
Chicken	\$ 1.60	Vegetemite	\$.50
Ham	\$ 1.20	Tomato	\$.30
Tuna	\$ 1.20	Lettuce	\$.30
Egg	\$ 1.60	Carrot	\$.30
Cheese	\$.50	Beetroot	\$.40
Baked Beans	\$ 1.00	Cucumber	\$.30
Spaghetti	\$ 1.00	Coleslaw	\$.60
Salsa	\$.40	Mayo	\$.20
Bolognaise	\$ 1.00		

Add any of above fillings

Wholemeal Sandwich	\$ 2.00
Wholemeal Roll	\$ 2.30
Hot Jaffle	\$ 2.50
Salad Box – Tomato, Lettuce, Carrot & Cucumber	\$ 2.70
Hot Cheese Roll	\$ 3.30
Baked Potato	\$ 3.00

Sushi

Tuna	\$ 2.80
Chicken Teriyaki	\$ 2.80
Californian	\$ 2.80
Vegetarian	\$ 2.80



Hot Stuff

Lasagne	\$ 4.00
Macaroni Cheese	\$ 4.00
Samosa (Vegetable)	\$ 1.50
Pizza – Ham & Pineapple OR Cheese & Bacon	\$ 3.00
Dim Sim (steamed)	\$ 0.80
Corn on Cob	\$ 1.00
Mini Margherita Pizza Muffin	\$ 1.50
Rainbow Rice (Vegetables & soy sauce) FRIDAYS ONLY	\$ 3.00
Chicken Burgers (Wholemeal Roll, Carrot, Lettuce) - MONDAYS & FRIDAYS ONLY	\$ 4.00
Sausage Roll – WEDNESDAYS ONLY	\$ 3.00
Pastie (Vegetable) – WEDNESDAYS ONLY	\$ 3.60
Tomato Sauce or Soy Sauce OR Wasabi	\$ 0.20



Drinks

Just Juice – Apple or Orange (200 mls)	\$ 1.60
Milk – Chocolate or Strawberry (200 mls)	\$ 1.60
Plain Milk (300 mls)	\$ 1.20
Still Water (300 mls)	\$ 1.20



Munchies

Fruity Nibble Mix	\$ 1.00
Fresh Fruit Salad	\$ 2.50 (Not Tm 3)
Veggie Sticks & Hummus	\$ 2.00
Boiled Egg IN Lettuce Leaf	\$ 2.00
Cheese Cubes & Rice Crackers	\$ 1.50
Yoghurt Cup (Vanilla)	\$ 1.50
Yoghurt & Berries (Vanilla)	\$ 1.70
Popcorn	\$ 1.20
Gingerbread Kids	\$ 1.20
Slinky Apple	\$.60



Frozen Stuff

Frozen Orange Juice (90 mls)	\$ 1.00
Orange Smile (1/4 Orange Frozen)	\$.40
Collect from Canteen with stamped bag	
Streets Paddle pop – Banana, Chocolate, or Rainbow	\$ 1.60
Quelch Fruit Stick (99% juice)	\$.60
Frozen Goghurt	\$ 1.20



**Canteen is open
MONDAY, WEDNESDAY & FRIDAY**

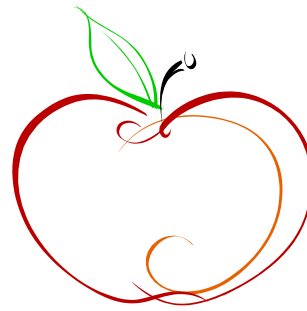


HEALTHY FOOD IS OUR FOCUS

- ❖ **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 & END OF EACH CANTEEN MORNING**
i.e. 10.00 a.m. and 1.15 p.m.



- ❖ Please supply a large brown paper bag
(single bags are available at .10c each)
- ❖ Write child's name & class e.g. 1BZ
- ❖ Food required from the canteen, price & total
- ❖ Place money loosely wrapped in paper
Inside bag
- ❖ Put bag into tin in classroom
- ❖ Pack of 50 printed paper bags - \$ 3.00

EDDIE ESSEX	1BM
Chicken Burger	4.00
Chocolate Milk	1.60
<u>Orange Smile</u>	<u>40</u>
	5.00

