

## Fillings for Sandwiches, Rolls, Jaffles & Potatoes

Chicken	\$ 1.60	Vegemite	\$ .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	\$ 3.00
Chicken Teriyaki	\$ 3.00
Californian	\$ 3.00
Vegetarian	\$ 3.00



## 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) <b>FRIDAYS ONLY</b>	\$ 3.00
Chicken Burgers (Wholemeal Roll, Carrot, Lettuce) - <b>MONDAYS &amp; FRIDAYS ONLY</b>	\$ 4.00
Sausage Roll – <b>WEDNESDAYS ONLY</b>	\$ 3.00
Pastie (Vegetable) – <b>WEDNESDAYS ONLY</b>	\$ 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 (90mls)	\$ 1.00
Orange Smile (1/4 Orange Frozen)	\$ .40
<b>Collect from Canteen with stamped bag</b>	
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**

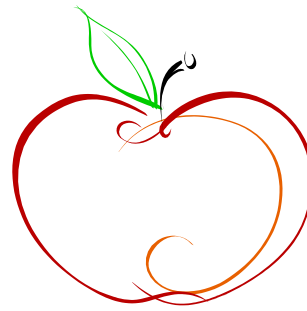


**HEALTHY FOOD IS OUR FOCUS**

- ❖ **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

<b>EDDIE ESSEX</b>	<b>1BM</b>
Chicken Burger	4.00
Chocolate Milk	1.60
<u>Orange Smile</u>	<u>40</u>
	6.00



**ESSEX  
CRUNCH & MUNCH  
MENU 2018**