


**Canteen is open
MONDAY, WEDNESDAY & FRIDAY
Lunch orders only**

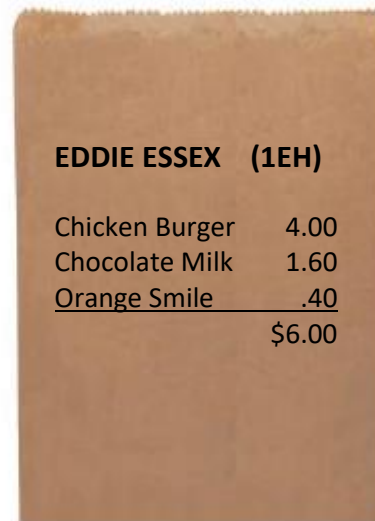


HEALTHY FOOD IS OUR FOCUS

- ❖ **CORRECT MONEY please**
 - ❖ **PHONE ORDERS ARE NOT ACCEPTED**
 - ❖ **NUTRITIONAL INFORMATION IS AVAILABLE IN THE CANTEEN**
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- ❖ **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**
i.e. 9.00am and 1.15pm



- ❖ Lunch order to be submitted on a large brown paper bag:
 - purchase packet of brown paper bags from the supermarket.
 - single bags are available from the Canteen for 10 cents each.
 - Pack of 50 printed paper bags available from the Canteen for \$3.00.
- ❖ On the bag write (example below):
 - Child's name and class.
 - Food required, including the price per item and the total of the lunch order.
- ❖ Place money (correct amount please) in the bag, loosely wrapped in paper.
- ❖ Put bag into the tin in the classroom at the beginning of the day.

A photograph of a brown paper bag with a menu printed on it. The menu lists items and prices, with a total of \$6.00.

EDDIE ESSEX (1EH)	
Chicken Burger	4.00
Chocolate Milk	1.60
<u>Orange Smile</u>	<u>.40</u>
	\$6.00



Sandwiches, Rolls, Jaffles & Potatoes

	\$
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

Add any of these fillings:

	\$	\$	
Chicken	1.60	Vegetemite50
Ham	1.20	Tomato30
Tuna	1.20	Lettuce30
Egg	1.60	Carrot30
Cheese50	Beetroot40
Baked Beans	1.00	Cucumber30
Spaghetti	1.00	Coleslaw60
Salsa40	Mayo20
Bolognaise	1.00		

Sushi

	\$
Tuna	3.00
Chicken Teriyaki	3.00
Californian	3.00
Vegetarian	3.00



Hot Stuff

	\$
Lasagne	4.00
Samosa (vegetable)	1.50
Pizza – Ham & Pineapple	3.00
Pizza – Cheese & Bacon	3.00
Dim Sim (steamed)80
Corn on Cob	1.00
Mini Margherita Pizza Muffin	1.50
Rainbow Rice (vegetables & soy sauce) - FRIDAY ONLY ..	3.00
Chicken Burger (wholemeal roll, carrot & lettuce) - MONDAY & FRIDAY ONLY ..	4.00
Sausage Roll - WEDNESDAY ONLY	3.00
Pastie (vegetable) - WEDNESDAY ONLY	3.60
Tomato Sauce / Soy Sauce / Wasabi20

Good Food Hero (www.goodfoodhero.com.au):

Butter Chicken (gluten free)	4.50
Beef Korma with Basmati Rice (gluten free)	4.50
Bolognaise Pasta Bake	4.50
Beef Mini Rissoles and Potato Gratin	4.50
Coconut Chicken Thai Curry and Jasmine Rice ..	4.50
Macaroni Cheese	4.50



All Good Food Hero meals are 220g.

Munchies

	\$
Fruity Nibble Mix	1.00
Fresh Fruit Salad - NOT TERM 3	2.50
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 Apple60



Frozen Stuff

Frozen Orange Juice (90ml)	1.00
Orange Smile (frozen quarter orange)40
Collect from Canteen with stamped bag:	
Streets Paddle Pop – banana, chocolate, or rainbow	1.60
Quelch Fruit Stick (99% juice)60
Frozen Yoghurt	1.20



Drinks

Just Juice - Apple or Orange (200ml)	1.60
Milk - Chocolate or Strawberry (200ml)	1.60
Plain Milk (300ml)	1.20
Still Water (300ml)	1.20

