


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

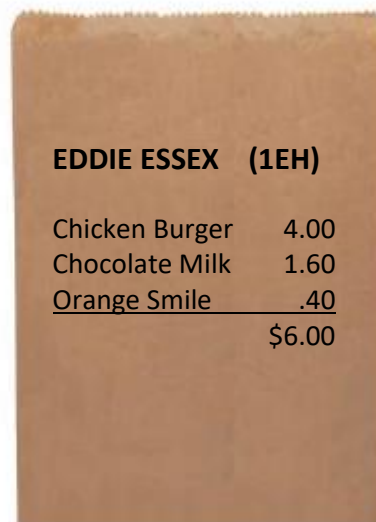


HEALTHY FOOD IS OUR FOCUS

- ❖ **CORRECT MONEY please**
 - ❖ **PHONE ORDERS ARE NOT ACCEPTED**
 - ❖ **NUTRITIONAL INFORMATION IS AVAILABLE IN THE CANTEEN**
- 
- ❖ **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.



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	Vegemite50
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
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

