


February 2018

CANTEEN MENU

Sandwiches (WHITE BREAD)



		
Vegemite	\$2.00	
Cheese	\$2.00	
Honey	\$2.50	
Jam	\$2.00	
Cheese & Vegemite	\$2.50	
Cheese & Tomato	\$2.50	
Egg	\$2.50	
Egg and Lettuce	\$3.00	
Salad	\$3.50	
Ham Low Fat	\$3.00	
Roast Chicken Low Fat	\$3.00	
Ham, Cheese & Tomato	\$3.50	
Ham & Salad Low Fat	\$4.20	
Chicken & Salad	\$4.20	

Extras

Tomato/carrot/lettuce/cucumber	\$0.30
Beetroot/mayo/cheese/egg	\$0.40
Toasted	\$0.50
Rolls	\$0.50

Wraps & Rolls

Cold meat and salad (ham or diced chicken)	\$5.00
Salad	\$4.50

Salad Plates

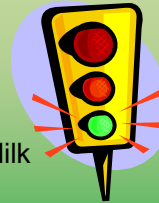


Salad Plate	\$5.00
Meat & Salad Plate/Bowl	\$6.00

"Green Food"

These foods are what we encourage children to eat. Order from this section lots!!

Drinks



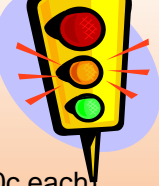
Juice	\$1.60 (250ml)
Oak Flavoured Milk	\$1.60 (300ml)
Bottled Water	\$1.00 (250ml)
	\$1.50 (350ml)
	\$2.00 (600ml)
Warm Milo	\$1.50

"Amber Food"

These foods should be eaten occasionally - one serve per day!

Hot Food



		
Sausage Roll Low Fat	\$2.50	
Party Pies Low Fat	\$2.50	
Large Pies	\$3.00	
Chicken Burgers	\$3.50	
Hash Browns	\$1.00	
6 Chicken Nuggets (or 70c each)	\$3.50	
Mac & Cheese	\$2.50	
Spaghetti Bolognaise	\$3.50	
Beef Lasagne	\$3.50	
Cheese and Bacon Roll	\$1.50	

SAUCE —Tomato, BBQ, Sweet n Sour	\$0.40
Garlic Bread	\$0.70

CANTEEN OPEN

Mon, Tues, Wed – 8.30am to 11.40am
Thurs, & Fri – 8.30am to 1.55pm

Snacks

Fairy bread (1/2)	\$0.10
Custard Cups	\$0.70
Jelly Cups	\$0.50
Cup Cakes	\$0.60
Mini Cakes	\$0.20
Muffins Low Fat	\$1.50
Red rock chips	\$1.00
(Honey Soy Chicken & Sea Salt)	

Ice Blocks

		
Calypos	\$1.00	
Paddle Pops	\$1.50	
Shakey Shake	\$2.00	
Vanilla Ice-Cream Cups	\$1.20	
Icy Twists	\$1.20	
Quelch Sticks	.50	