



Canteen Price List

Summer Menu- term 4 & 1



Canteen phone: 49903346

Morning 9am-9.20am

**Fruit, milk, juice & water, cheese
& bacon rolls**

Fruit

Piece of Fruit-----\$1.00
Sml fruit salad tub-----\$3.00

Snacks

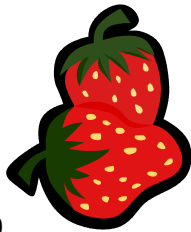
Chips-----\$1.30
(Honey soy)
JJ's-----\$1.30
(Chicken)
Custard cup-----\$1.50
Muffins-----\$1.00
(Banana or blueberry)
Vanilla yoghurt cup-----\$1.00

Ice Blocks

Ice cream cups-----\$1.20
Paddle pops-----\$1.50
Calippos-----\$1.00
Pink yogo/Snappy-----50c
Quelch Fruit Juice Tube-----50c
Slushies-----\$1.00
Fruit Juice pops-----20c

Drinks

Quench-----\$1.80
(Cola or orange)
Milk poptops 250ml-----\$1.50
(Chocolate, Strawberry or banana)
FM milk 500ml-----\$2.30
(Chocolate)
Fruit juice 200ml-----\$1.50
(Orange, apple or orange & pash)
Bottled water 600ml-----\$1.00



Hot Food

(All must be ordered)

Large pie-----\$2.70
Party pie-----\$1.60
Sausage roll-----\$2.00
Cheese & bacon roll-----\$1.00
Chicken nuggets-----50c each
Crumbed Chicken Chippies

No singles

3----\$1.50
6----\$3.00

Sandwiches

(White or **Whole meal** bread)

Egg-----\$2.00
Egg & lettuce-----\$2.50
Cheese-----\$1.50
Cheese & tomato-----\$2.00
Vegemite-----\$1.00
Ham, cheese & tomato-----\$3.00
Tuna/salmon-----\$2.00
Chicken-----\$3.00
Lettuce, cheese,
Avocado & chicken-----\$4.50



Extras

Roll or Wrap-----60c
Salad fillings-----50c
Cheese-----50c
Egg-----50c
Sauce-----30c
Mayonnaise-----30c

Orders received after 10am may only
choose a sausage roll, party pie or bacon &
cheese roll.

Salad Sandwiches

(Contains lettuce, carrot, tomato,
cucumber, beetroot & cheese)

Plain Salad-----\$3.50
Chicken salad-----\$4.50
Chicken Burger-----\$4.50
(With lettuce & Mayo)
Chicken Caesar wrap-----\$4.50
(Lettuce, Diced Chicken, bacon, cheese)

Salad Tubs

(Contains lettuce, carrot, tomato,
Cucumber, beetroot & cheese)

Egg Salad (sml)-----\$4.00
Plain (sml)-----\$3.50
Chicken (sml)-----\$4.50
Tuna/salmon & pasta sml-----\$4.50
(Pasta, capsicum, celery, corn,
tuna/salmon ,mayo)
Chicken Caesar tub-----\$4.50
(Lettuce, chicken, bacon, cheese, egg)

Sauces

Tomato, bbq, sweet&sour-----30c

Lunch Bags

1 bag -----5c

Over counter snacks at lunch and

recess

Fruit kebabs-----50c
Cheese and crackers-----50c
Fruit smoothies-----\$1.50
Vegie sticks-----70c
(celery, cheese and carrot)
Fruit yogis-----\$1.50

Not to be put on lunch bags please

Our canteen complies with the Free Tastes @ School Healthy School Canteen Strategy.

Green=Everyday Healthy Choice

Amber = Select carefully

School

Accessories

Embroidered Bucket hat

\$12.00

Embroidered Broad Brimmed hat

\$14.00

Drink bottle

\$5.50

Pencil case

\$5.50

Available at the Canteen

Please Help Us in our Canteen

To help keep the canteen open 5 days a week we need more volunteers. Help is needed between 9:30am and 12:30pm for lunch and 1:45pm and 2:30pm for recess. If you are able to help between these times once a week, fortnight or lunch please call Annette at the school canteen on 49903346.

We appreciate any ideas that you would like to see added to the menu. Ideas must comply with the NSW Healthy Schools Canteen Strategy (www.healthykids.com.au)

The canteen menu is in accordance with the NSW healthy Canteen Strategy. Our aim is to provide a healthy and nutritious canteen consistent with the Australian dietary guidelines for children and adolescents.

If your child has any dietary requirements (e.g. Gluten Free, Dairy Intolerance) and would like to order their lunch at the school canteen, please come and talk to Annette at the canteen.

\$1.00

The Canteen has still ensured your child can buy something for \$1.00

Vegemite Sandwich

Muffins

Slushies

Piece of Fruit

Bottled Water

Cheese & Bacon Roll