

☺ - Items classified as "Green" are nutrient rich, all other items are "Amber" & fall within the select carefully food group.

HOT FOOD:

- ☺ Nachos - Oven baked pita chips served with salsa & light tasty cheese \$3.30
- ☺ # Homemade Pumpkin Soup \$2.50
- Homemade Garlic Toast - ½ Long roll .60c
- ☺ Baked Spud w/coleslaw & light cheese
 - Small \$4.00
 - Large \$5.00

- Add Bacon .80c
- Add Beetroot .60c
- Add Avocado \$1.00
- ☺ Grilled Chicken Sub - ½ Long roll, topped with diced chicken, mayo & cheese \$2.90
- ☺ Cheesy Bean Bowl - Hollow bread roll filled with baked beans & topped with light cheese, oven baked \$2.50
- ☺ #Corny Pop- Corn Cob on a stick \$1.00
- ☺ Lasagne \$4.00

- Homemade Cheese Burger- Premium mince burger with lettuce, tomato, light cheese & sauce on a fresh roll \$4.30
- Four'n Twenty Traveller Pie \$3.80
- Light Party Pie \$1.20
- Aussie Light Sausage Roll \$2.80
- Chicken Burger - Plain \$3.70
- Lettuce & Mayo \$4.20
- Chicken Nugget .70c each
- or 6 for \$3.50
- Steamed Dim Sim .80c
- Cup of Noodles - Chick OR Beef \$2.50
- Hot Dog \$3.20

- EXTRAS:** Sauce, mustard, soy sauce .20c
Light Cheese .50c

TURKISH PIDE (Toasted):

- Delicious Turkish bread pressed in our café toaster.
- ☺ Pizza - Ham, capsicum, pineapple, light cheese & tomato paste \$5.80
 - ☺ Ham, light cheese & tomato \$5.00
 - ☺ Chicken, light cheese, spinach & mayo \$5.80
 - B LT- Bacon, lettuce, tomato & dijonaise \$6.00
 - ☺ Ham, light cheese & pineapple \$5.70
 - Diced chicken, spinach, light cream cheese & cranberry sauce \$6.00

SANDWICHES:

- Generously filled with fresh ingredients.**
White bread and margarine must be requested if required.
- ☺ Ham OR Diced Chicken OR Tuna \$3.50
 - ☺ Salad- Tomato, lettuce, carrot & cucumber \$3.20
 - ☺ Egg & lettuce with mayo \$3.30
 - ☺ Vegemite OR Light Cheese \$2.00

EXTRAS:

- ☺ Full Salad as an extra \$2.00
- Tomato OR Lettuce OR Cucumber OR Carrot .60c each
- Beetroot .60c
- Avocado \$1.00
- Mayo, sauce, mustard .20c each
- Light Cheese .50c
- Roll .40c
- Wrap .60c
- Toast your sandwich/wrap .30c



WRAPS:

- ☺ Diced chicken, baby spinach, cucumber & tzatziki dip \$5.80
- ☺ Egg, lettuce, cream cheese & chives \$5.00
- ☺ Chicken, spinach, cheese & mayo \$5.50
- ☺ Ham OR Chicken OR Tuna & salad \$5.50

SALAD PLATES:

- ☺ #Fresh garden salad Small \$3.50 Large \$5.50
- ☺ Fresh Garden Salad with Ham OR Diced Chicken OR Tuna OR Egg Small \$5.50 Large \$6.50

SAVOURY SNACKS:

- ☺ # Vegie Sticks (6) your choice of carrot OR cucumber, or 3 of each \$1.00
- ☺ Vegie Sticks & Tzatziki Dip \$2.00
- ☺ # Air popped Popcorn .50c
- ☺ Pretzels .30c
- ☺ # Cobs Natural Popcorn -Lightly Salted & Slightly Sweet/Cheese \$1.20
- # Fantastic Delites - Salt & Vinegar/Sour Cream & Chive/Sweet Chilli \$1.00

DRINKS:

- ☺ # Bottled Water 350ml \$1.50
- ☺ Oak Light Milk 300ml- Chocolate/ Strawberry/Banana \$2.20
- ☺ Oak Iced Coffee 250ml \$2.20
- Harvey Fresh Juice 250ml- Orange/Apple/ Tropical/Apple & Blackcurrant \$1.60
- Warm Milo \$1.50

FROZEN ITEMS:

- ☺ # ½ Frozen Pineapple Ring .50c
- # TNT Sour Ice Pop- Raspberry/Blue Raspberry/Lemon Lime .80c
- # Bulla Frozen Yoghurt Tub- Strawberry/Mango/Raspberry \$1.90
- Slush Puppie Frozen Ice Drink \$2.00

denotes GLUTEN FREE option.



SWEET SNACKS:

- ☺ Apple Slinky \$1.00
- OR byo apple & we will slinky it for .20c
- ☺ Kellogg's Mini Wheat's - 5 Grain .05c
- ☺ Sultana Bran Buds .05c
- ☺ Nutri Grain Scoop .10c
- Homemade Light Muffins-Choc Chip/Berry \$1.50
- Homemade Gingerbread Kid \$1.60
- Homemade Choc Chip Cookie \$1.00
- Custard Cup \$1.60
- Fruit & Jelly Cup \$1.30

WEDNESDAYS ONLY! Must be pre-ordered; not available over the counter

- ☺ Poffertjes- Dutch Pancakes (6) served warm with a sprinkling of Cinnamon & Sugar OR Lemon & Sugar \$2.50

Paper Bags are .10c each if you don't supply your own & these can be purchased in bulk from the canteen for \$2 per 25 bags.

Parents, please note the following:

- **Please discard all old menus.**
- Recess snacks (items from Savoury Snacks, Sweet Snacks & Frozen Items) may be ordered with a lunch order & must be picked up at the Canteen window.
- Lunches may be ordered in insulated Munch order bags (available for purchase from either Canteen or school office @ \$12.50) or on a Paper Lunch Bag.
- If using Munch Order bag, please place order in clear front pocket along with money.
- Please ensure your child's name, class & their order is clearly written on all orders.
- Paper lunch bags are 10c each if you don't supply your own & can be purchased in bulk from Canteen.
- Orders with insufficient money will have items deleted or reduced in quantity until money enclosed covers items ordered.
- No credit will be given except in the case of a forgotten lunch. These IOU's may consist of a sandwich & fruit from our menu only. **Payment is expected next canteen day.**
- Take home packs of frozen goods, as well as freshly prepared muffins, cakes etc are available for order & require 1 week's notice. Please drop in or phone to order.
- **If your child has an allergy or is Gluten intolerant, please mark clearly on lunch order, preferably in RED pen. These lunch orders will be placed in a separate tub & processed separately whilst in the canteen, to prevent cross contamination.**

Our Canteen is always looking for new volunteers. Volunteers are required each day between 10am & 2.30pm. Please feel free to drop in & see what goes on if you are unsure!

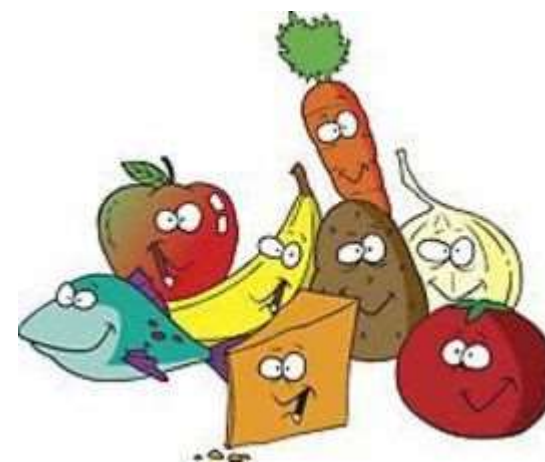
Please call Wendy Schilling on **0438 553 177** if you would like to volunteer.

Thanks to all our wonderful volunteers 😊



Canteen Menu

Winter - Terms 2 & 3, 2017



Canteen Open - every Mon, Wed & Fri of term at recess & lunch.
Open until 4pm on Fridays for, icypoles, slushies, snacks & drinks

**Freshly brewed take away LAVAZZA Coffee is available
all day Monday, Wednesday & Friday**

Look in each newsletter for SPECIALS, available the following fortnight!