The FIVE main food groups in the *Australian Guide to Healthy Eating*

- ⚫️ bread, cereals, rice, pasta, noodles  ⚫️⚫️⚫️ EVERYDAY FOODS – EAT MOST
- ⚫️ vegetables, legumes
- ⚫️ fruit
- ⚫️ milk, yogurt, cheese
- ⚫️ meat, fish, poultry, eggs, nuts, legumes  ⚫️ SELECT CAREFULLY – EAT MODERATELY

These foods provide the important nutrients the body needs.
The extra foods are other foods that may be eaten sometimes or in small amounts.
Only low-fat cheese & low-fat margarine are used.

### EVERYDAY FOODS

#### SALAD SANDWICHES, ROLLS OR WRAPS
Includes lettuce, beetroot, tomato, carrot, low fat cheese and your choice of ham, chicken or egg.

$6.00

If selecting two proteins e.g. Ham, egg and salad please add $1.00
Deduct 50c for each salad item deleted

Mustard, pickles, chilli sauce or low fat mayo also available
Also available
Vegetable Sandwich or Roll $2.50

*Toasting 50c*

### EVERYDAY FOODS

#### SALAD BOWLS
Vegetarian: lettuce, tomato, cheese, carrot,
Beetroot and egg $5.80

(If deleting an item, deduct 50 cents per item)

### EVERYDAY FOODS

#### DRINKS
600ml Water $1.50
1 litre Water $2.50
Fresha Orange Juice Drink 300ml $2.10
Fresha Apple Juice 300ml $2.10
Nippy's low-fat flavoured milk - chocolate
Strawberry, iced coffee or honeycomb $2.00

### Lunch Bags 5c
Hot Water for Soup / Noodles from home 20c
Fork or spoon 5c

### EVERYDAY FOODS

#### HOT FOOD
Soup - chicken, chicken & corn, beef $2.20
Fantastic Noodles - chicken, chicken & corn, beef $2.50
Dim Sim steamed $1.00
Sav in Roll $3.60
Lasagne $4.40
Pies $4.40
Party Pie $1.60
Vegetarian Pastie $4.40
Sausage Roll Small $1.00
Medium $2.15
Large $2.95

Add 5c for sauce

Nachos $4.00
Nachos with sour cream $4.20

### Lunch bags 5c each
EVERYDAY FOODS

😊😊😊 FRUIT SALAD
Slunky apples $1.10
Apple or Orange $1.00
Cup of strawberries *available 1st and 4th Term $2.50
Cup of fruit salad *available 1st and 4th Term $2.50
Punnet of Strawberries $3.40

SELECT CAREFULLY

😊😊 SNACK FOOD – School Canteen Approved
Red Rock Deli chips – honey soy or plain $1.00
Smiths plain, BBQ or salt /vinegar – 30gm $1.00
Popcorn $1.00
Gluten Free Snaps – Light & Tangy or BBQ $1.00

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😊 ICE CREAM
Sony Boys orange or raspberry $1.00
Yoghurt Frozen - strawberry $3.00
Rockets – lemonade, raspberry, $1.00
Dixie ice-cream cups $3.00
Frozen Zing Yogurt Sticks .80

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😊 Drinking
Pop Tops – blackcurrant, orange juice $2.30
Primas – Apple, tropical, orange juice $1.80
Fresha 500ml apple/blackcurrant $2.70
- or orange juice drink
Milo – hot or cold (made with low-fat milk) $2.00
Milk – 300ml Sungold full-fat – chocolate, Strawberry, honeycomb & iced coffee $2.80
Milk – 600ml full-fat flavoured milk – Strawberry, chocolate, honeycomb & Iced Coffee $3.60
Focus Flavoured Water
Pop Top 350ml
Fruit Fest, Black Current, Lemonade, Raspberry $2.00

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TOASTIES

Send sandwiches from home to be toasted. 50c
Please send with suitable wrapping for toasting and for return after toasting (not plastic).
ORDER sandwiches from the canteen and add .50c for toasting.

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SELECT CAREFULLY

Have you an hour to spare to contribute to our volunteer base at the canteen? ‘Money Free’ positions available. Even once a term is greatly appreciated.
Please contact Cheryl or Debbie and join our team.