Canteen Menu – 2017 Term 1

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

- bread, cereals, rice, pasta, noodles \(\text{EVERYDAY FOODS - EAT MOST}\)
- vegetables, legumes \(\text{SELECT CAREFULLY - EAT MODERATELY}\)
- fruit
- milk, yogurt, cheese
- meat, fish, poultry, eggs, nuts, legumes \(\text{OCCASIONAL FOODS - EAT SOMETIMES & IN SMALL AMOUNTS}\)

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Includes lettuce, beetroot, tomato, carrot, low fat cheese and your choice of ham, chicken or egg. Available in either white / wholemeal rolls, sandwich or tortilla wraps or mountain bread / wraps.</td>
<td>$6.00</td>
</tr>
<tr>
<td>If selecting two proteins e.g. Ham, egg and salad please add $1.00. Deduct 50c for each salad item deleted.</td>
<td></td>
</tr>
</tbody>
</table>

Mustard, pickles, chilli sauce or low fat mayo also available 20c.

Also available

- Vegemite Sandwich or Roll $2.50
- *Toasting extra 50c

### EVERYDAY FOODS

#### SALAD BOWLS

<table>
<thead>
<tr>
<th>Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetarian: lettuce, tomato, cheese, carrot, Beetroot and egg</td>
<td>$6.00</td>
</tr>
<tr>
<td>(If deleting an item, deduct 50 cents per item)</td>
<td></td>
</tr>
</tbody>
</table>

**SELECT CAREFULLY**

- Meat Lovers: Ham, Egg or Chicken add $1.00 per item

### EVERYDAY FOODS

#### DRINKS

<table>
<thead>
<tr>
<th>Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>600ml Water</td>
<td>$1.50</td>
</tr>
<tr>
<td>Fresha Orange Juice Drink 300ml</td>
<td>$2.20</td>
</tr>
<tr>
<td>Fresha Apple juice 300ml</td>
<td>$2.20</td>
</tr>
<tr>
<td>Nippy’s low-fat flavoured milk – chocolate</td>
<td></td>
</tr>
<tr>
<td>Strawberry, iced coffee or honeycomb</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

### Lunch Bags 5c

- Hot Water for Soup / Noodles from home 20c
- Fork or spoon 5c

### EVERYDAY FOODS

#### FRIED RICE (Mon, Wed, Fri only)

- $4.20

### EVERYDAY FOODS

#### HOT FOOD

- Soup - chicken, chicken & corn, beef $2.20
- Fantastic Noodles - chicken, chicken & corn, beef $2.80
- Dim Sim steamed $1.00
- Sav in Roll $3.80
- Lasagne $4.80
- Pies $4.80
- Shepherds Pie $4.90
- Party Pie $1.90
- Vegetarian Pastie $4.90
- Sausage Roll $3.25
  - Small $1.00
  - Medium $2.20
  - Large $3.25

Add 5c for sauce

- Nachos $4.20
- Nachos with sour cream $4.40

Lunch bags 5c each
EVERYDAY FOODS

😊😊😊 FRUIT SALAD
Slinky apples $1.10
Apple or Orange $1.00
Cup of fruit salad *available 1st and 4th Term $2.50
Cup of strawberries *available 1st and 4th Term $2.50
Punnet of Strawberries $3.80
* Depending on availability

SELECT CAREFULLY

😊😊 SNACK FOOD – School Canteen Approved
Red Rock Deli chips – honey soy or plain $1.10
Smiths plain, BBQ or salt /vinegar – 30gm $1.10
Popcorn $1.10

SELECT CAREFULLY

😊 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 $1.00

SELECT CAREFULLY

😊 DRINKS
Pop Tops – blackcurrant, orange juice $2.30
Primas – Apple, tropical, orange juice $1.80
Fresha 500ml Apple/Blackcurrant $2.80
- 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

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.

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.