

# Canteen Menu – 2017 Term 4

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

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

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.      **\$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      **20c**

Also available

Vegemite Sandwich or Roll      **\$2.50**

**\*Toasting 50c**

## Lunch Bags 5c

Hot Water for Soup / Noodles from home 20c

Fork or spoon 5c

## EVERYDAY FOODS



Fried Rice      **\$4.20**

Chicken Chilli Wrap      **\$6.00**

Corn      **\$1.00**

Toasting extra 50c

## EVERYDAY FOODS



### SALAD BOWLS

Vegetarian: lettuce, tomato, cheese, carrot,

Beetroot and egg      **\$6.00**

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

## SELECT CAREFULLY



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

## ☺ OCCASIONAL 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      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



### DRINKS

600ml Water      **\$1.50**

Fresha Orange Juice Drink 300ml      **\$2.20**

Fresha Apple juice 300ml      **\$2.20**

Nippy's low-fat flavoured milk - chocolate

Strawberry, iced coffee or honeycomb      **\$2.00**

## EVERYDAY FOODS



### FRUIT SALAD

Slinky apples	\$1.10
Apple or Orange	\$1.00
Cup of fruit salad *available 1 <sup>st</sup> and 4 <sup>th</sup> Term	\$3.00
Cup of strawberries *available 1 <sup>st</sup> and 4 <sup>th</sup> Term	\$3.00
Punnet of Strawberries	\$4.50

\* 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

Yoghurt Frozen - strawberry	\$3.00
Rockets - lemonade, raspberry,	\$1.00
Dixie ice-cream cups	\$3.00
Frozen Zing Yogurt Sticks	\$1.00

## 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



### DRINKS

Pop Tops - blackcurrant, orange juice	\$2.30
Primas - Apple, tropical, orange juice	\$1.80
Fresha 500ml Apple/Blackcurrant - or Orange Juice drink	\$2.80
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

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.