

Canteen Menu – 2018 Term 1

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 **\$3.00**

Dim Sim steamed **\$1.00**

Sav in Roll **\$4.00**

Lasagne **\$5.00**

Pies **\$4.95**

Shepherds Pie **\$5.05**

Party Pie **\$1.90**

Vegetarian Pastie **\$5.05**

Sausage Roll **\$1.00** Small

\$2.25 Medium

\$3.25 Large

Add 5c for sauce

Nachos **\$4.30**

Nachos with sour cream **\$4.50**

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 st and 4 th Term	\$3.00
Cup of strawberries *available 1 st and 4 th Term	\$3.00
Punnet of Strawberries	\$4.50
* Depending on availability	

SELECT CAREFULLY

😊😊 ICE CREAM

Frozen Zing Yogurt Sticks	\$1.00
Frozen Sour Zings	\$1.00

SELECT CAREFULLY

😊😊 DRINKS

Pop Tops - blackcurrant, orange juice	\$2.30
Primas - Apple, tropical, orange juice	\$2.00
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	\$3.80
Focus Flavoured Water Pop Top 350ml	
Fruit Fest, Black Current, Lemonade, Raspberry	\$2.00
Sparkling Ice, naturally flavoured 500 ml Available in Kiwi Strawberry, Orange Mango, Black Raspberry, Pink Grapefruit. Energy = 50Kj per 500ml	\$3.60

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.

Due to Health Regulations we are unable to
re-heat food from home eg casseroles,
chicken snitzels or carbonara.

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.