



CANTEEN PRICE LIST

Fridays Cold Weather Menu (Term 2 and 3) 2017

<p>BUILD A SANDWICH, SUB or WRAP!</p> <p>Sandwiches 2.00 Subs (Rolls), Wraps 2.50</p> <p>ADD A Protein Filling: 0.50each Cheese, baked beans, egg, ham, chicken, tuna</p> <p>ADD A Salad Filling: 0.50each Tomato, lettuce, cucumber, beetroot, carrot OR Full Salad 1.50 (Tomato, lettuce, cucumber, beetroot, carrot)</p> <p>ADD A Spread 0.50each Mayo, *Hommus, Tzatziki, Vegemite, Jam (no sesame)</p> <p>Toasting - Extra 0.50 Sandwiches, Subs & Wraps can be toasted.</p> <p><i>*Gluten free available in all bread products – please add \$1.</i></p>	<p>HEARTY HOT FOOD</p> <p>Chicken Tender (1 tender = 3 nuggets) 1.50 Veggie Pastie 3.00 Sausage Roll (extra large) 3.00 Chicken Burger with Salad & Mayo 4.50 Chicken Burger (Lettuce & Mayo) 4.00 Nachos (salsa, cheese & sour cream) 4.00 Veggie Burger with Salad & Mayo 4.50 Veggie Burger (Lettuce & Mayo) 4.00 Pizza Hawaiian (ham & pineapple) 4.50 Pizza Margherita (salsa & cheese) 3.50 Steamed Dim Sim 1.00 Corn on the Cob 1.00</p> <p><i>*Pizzas, chicken or veggie burgers can be adapted to gluten free – please add \$1.</i></p> <p>Tomato Sauce (2 serves = 0.50c) 0.30</p>	<p>SNACKS</p> <p>Yoghurt 2.00 Popcorn 1.50 Banana Bread 2.00 Banana Bread GF 3.00 Gingerbread People 1.50 Dip & Veggie Sticks 2.00 <i>*Hommus or Tzatziki</i> (no sesame)</p>	<p>ORDERING PROCESS</p> <ol style="list-style-type: none"> Please provide a re-usable bag/container that is large enough to fit the food ordered. Clearly label your child/ren's Name and Home Group/Class on the re-usable bag/container. Attach or place the order inside the re-usable bag/container as shown : <hr/>Joe Smith F/1 Toasted cheese sandwich \$3.50 Strawberry Milk \$2.00 <hr/>Total: \$5.50 <p>• Late lunch orders will be filled as best as possible – hot food may not be available.</p> <p>FURTHER INFORMATION:</p> <ul style="list-style-type: none"> • Bread products (except Banana Bread) will be wholemeal, subject to availability. • Natural unsalted butter will be used on sandwiches & rolls. • Salad ingredients are subject to availability. <p>DIETARY CONSIDERATIONS Although every caution is taken to reduce the risk of cross-contamination, we cannot guarantee that any of our products are safe to consume for people with soy, dairy, egg or gluten allergies.</p>
<p>COUNTER SALES – Fridays Term 2 & 3</p> <p>Ice Cream Cones & Icy Poles ('til sold out!)</p> <p>Ice cream (Strawberry, Chocolate, Vanilla) 1.50 Frozen yoghurt (Strawberry) 1.50 Fruit Stick or Lemonade icy pole 1.00 Frozen Orange Wedges (2) 0.50</p>	<p>SUPER SALAD PACK 5.00 Full Salad (tomato, lettuce, cucumber, carrot, beetroot), Cheese, Protein Filling, Mayo or Dip.</p> <p>Hot Chocolate Drink 1.50 (Hot Chocolate available all Term 2 & 3).</p>	<p>DRINKS</p> <p>Flavoured Milk (Dairy)</p> <p>Chocolate 2.00 Strawberry 2.00</p> <p>100% Fruit Juice</p> <p>Apple 1.50 Apple & Blackcurrant 1.50 Orange 1.50 Tropical 1.50</p>	<p>WHEN A CHILD HAS NO LUNCH Students will be given a 'basic lunch' (sandwich). An invoice will be sent home. In the event that your child has no lunch, if they have any food allergies, please provide the canteen with a description of what a safe meal would be for your child.</p>

Our canteen is a healthy canteen, serving mainly "green" every day healthy foods and some "amber" occasional foods, recognising that canteen is also a treat for students and their families. As well as looking after our students, we are looking after our environment by reducing packaging, especially plastics. Most packaging is biodegradable, but the best efforts will be from families providing re-usable lunch order bags/containers. Thank you!