The canteen menu aims to provide healthy and nutritious food and drinks consistent with the DECS ‘RIGHT BITE” Healthy Eating Guide for schools and pre-schools and ‘The Australian Dietary Guidelines for Children and Adolescents’. Please write your CHILD’S NAME and ROOM NUMBER on a large paper lunch bag. Lunch bags are available from the canteen, 10 for 50c or alternatively from Coles or Woolworths. Plastic forks and spoons required for foods brought from home will be 5c each. Foods brought from home will NOT be re-heated in the canteen due to health regulations. Any price changes or new items will be notified in the fortnightly newsletter. Late lunch orders will be accepted, however they will be given what is available and if there is insufficient money in the bag the order will be reduced. THERE IS NO CREDIT AVAILABLE FROM THE CANTEEN.

**Sandwiches / Rolls / Wraps**

<table>
<thead>
<tr>
<th>White/Wholemeal</th>
<th>Sandwich</th>
<th>Wrap/Roll</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite</td>
<td>$2.00</td>
<td>$2.30</td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.50</td>
<td>$3.00</td>
</tr>
<tr>
<td>Egg</td>
<td>$3.00</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham</td>
<td>$3.00</td>
<td>$3.00</td>
</tr>
<tr>
<td>Tuna</td>
<td>$3.50</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken</td>
<td>$3.50</td>
<td>$4.00</td>
</tr>
<tr>
<td>Salad only (lettuce, carrot, tomato, cucumber)</td>
<td>$3.50</td>
<td>$4.00</td>
</tr>
<tr>
<td>Ham salad</td>
<td>$4.00</td>
<td>$4.50</td>
</tr>
<tr>
<td>Tuna salad</td>
<td>$4.50</td>
<td>$4.80</td>
</tr>
<tr>
<td>Chicken salad</td>
<td>$4.50</td>
<td>$4.30</td>
</tr>
<tr>
<td>Extra filling add 50c</td>
<td>Cheese add 50c</td>
<td></td>
</tr>
<tr>
<td>Extra fillings available: carrot, cucumber, lettuce, tomato, beetroot</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Salads**

- Super Salad Bowl includes : lettuce, carrot, cheese, tomato, cucumber, ½ boiled egg, noodle salad, beetroot $5.00
- Mini salad bowl $3.00
- Add ham .50c
- Add tuna / chicken / sweet chilli chick tender $1.00
- Noodle Salad Small Tub $2.00 Large Tub $3.00
- Caesar Salad
  - lettuce, bacon, croutons, parmesan cheese, egg $5.00
  - above plus flame grilled chicken slices $7.00

**Thirst Busters**

- Bottle of water $2.00
- Nippys Flavoured Milk 250ml – choc, strawberry, honeycomb $3.00
- Nippys’ Pure Fruit Juice 250ml apple, orange, apple/blackcurrant $2.00
- Oak Milk 250ml choc, strawberry, banana $3.00
- Sanitarium Up and Go – chocolate $3.00

**Nice & Icy - Lunch time counter sales only**

- Frozen juice cups $1.00
- Paddle Pops $2.00
- Vanilla ice cream dandy cup $1.50
- Fruit Juice Slushy $2.00

### Hot Sub Bar
- Garlic bread plain add 50c for cheese $2.00
- Garlic bread topped with salsa, ham, cheese $4.00
- Crumbed chicken with lettuce and mayo $4.00
- Sweet chilli chicken with lettuce and mayo $4.00

### Home Made Pizza Bar
- Hawaiian – ham, cheese, pineapple $3.00
- BBQ chicken – BBQ sauce, chicken, cheese $3.00

### Hot Packs
- Lasagne $4.00
- Macaroni cheese $4.00
- Spaghetti bolognaise $4.00
- Wedges with sweet chilli & sour cream $3.50
- Nachos with salsa, cheese & sour cream $3.50
- Steamed dim sim 80c each
- Hot chicken and gravy roll $4.00

### Burgers
- All served in a white buttered roll add salad 50c
- Cheese burger – beef, cheese, sauce $4.00
- Chicken burger – crumbed chicken, lettuce, mayo $4.00
- Flame grilled burger – spicy grilled chicken, lettuce, mayo $4.00

### Lunch Packs
- Fire eater, jurassic, vegie slice packs include noodle salad, carrot sticks, celery, cucumber
- Fire Eater: 3 chilli chicken nuggets $4.00
- 6 chilli chicken nuggets $5.00
- Jurassic: 3 dino nuggets $4.00
- 6 dino nuggets $5.00
- Vegie Slice: Zucchini, bacon and carrot $5.00
- Pirate and gluten free nugget packs contain the salad but do not have noodle salad in them
- Pirate: 3 fish fingers and wedges $4.00
- 6 fish fingers and wedges $5.00

### Daily Specials

**THURSDAY ONLY**
- Hot dog in white roll $3.00
- Cheese 50c
- BBQ, sweet chilli, tomato sauce, mustard 20c

**THURSDAY MEAL DEAL**
- Hot Dog, Oak Milk, Cookie $6.00

**FRIDAY ONLY**
- Pie $3.50
- Pasty Sauce 20c $3.50
- Sausage Roll $3.00
- Party Pie $1.20

**FRIDAY MEAL DEAL**
- Pie/Pasty and Nippys Juice $5.50
- 5/ Roll or 2 Party pies + Nippys Juice $4.50

### Snack Time

- Seasonal fruit $1.50
- Go Gurt yoghurt tube $1.50
- Popcorn 50c
- JJ Vegie chips burger/chicken $1.50
- Honey soy chips $1.50
- Assorted fruit muffins $1.00
- Choc chip cookie .80c
- Bag rice crackers .50c
- Nutri Grain / Milo cereals .50c