The canteen menu aims to provide healthy and nutritious food and drinks consistent with the DECD ‘Right Bite’ Healthy Eating Guide for schools and preschools 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 50 cents or alternatively from Coles or Woolworths. Plastic forks and spoons required for foods brought from home will not be reheated 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>
</tbody>
</table>

**Salad only** (lettuce, carrot, tomato, cucumber)

- $3.50 $4.00

**Ham salad**

- $4.00 $4.50

**Tuna salad**

- $4.50 $4.80

**Chicken salad**

- $4.50 $4.30

**Extra fillings** - add $0.50 - cheese add $0.50

- Mayo, tomato, sweet chilli - add $0.20

### Salads

**Super salad bowl:**

- lettuce, carrot, cheese, tomato, cucumber, ½ boiled egg, noodle salad, beetroot
  - $5.00

**Mini salad bowl:**

- lettuce, carrot, cheese, tomato, cucumber, ½ boiled egg, noodle salad, beetroot
  - $3.00

- add ham, tuna, sweet chilli chicken tender
  - $1.00

**Noodle salad**

- small tub
  - $2.00

- large tub
  - $3.00

### Thirst Busters

- Bottle of water
  - $2.00

- Nippy’s flavoured milk
  - 250ml choc, strawberry, honeycomb
  - $3.00

- Nippy’s pure fruit juice
  - 250ml apple, orange, apple/blackcurrant
  - $2.50

- Pop Top flavoured milks
  - chocolate, strawberry, banana
  - $3.00

- Sanitarium Up and Go – chocolate
  - $3.00

### Nice & Icy – Lunch time counter sales only

- Frozen juice cups
  - $1.50

- Paddle Pops
  - $2.00

- Vanilla ice cream dandy cup
  - $1.50

- Fruit juice slushy
  - $2.00

- Mini Callipo
  - $1.50

### Hot Sub Bar

- Garlic bread plain – add $0.50 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

- Honey soy chicken and rice
  - $4.00

- Lasagne
  - $4.00

- Spaghetti bolognaise
  - $4.00

- Wedges with sweet chilli and sour cream
  - $4.00

- Nachos with salsa, cheese and sour cream
  - $4.00

- Steamed dim sim
  - $1.00

### Burgers all served in a white buttered roll

- Extra filling - add $0.50 - cheese add $0.50

### Lunch Packs

- Fire eater, Jurassic, veggie slice packs include noodle salad, carrot sticks, celery, cucumber

- Fire eater: 3 chilli nuggets
  - $4.00

- Jurassic: 3 dino nuggets
  - $4.00

- Veggie slice: Zucchini, bacon and carrot
  - $5.00

- Pirate and gluten free nugget packs contain the salad but do not have the noodle salad in them

- Pirate: 3 fish fingers and wedges
  - $4.00

- Gluten free nuggets: 6 nuggets
  - $5.00

### Daily Specials

**Thursday only**

- Hot dog in white roll
  - $3.50

- Sausage roll
  - $3.00

- Party pie / party sausage roll
  - $1.20

- - sauce
  - $0.20

**Thursday Meal Deal**

- Hot dog, Oak milk, cookie
  - $7.00

**Friday only**

- Pie
  - $3.50

- Pasty
  - $3.50

- Sausage roll
  - $3.00

- Party pie / party sausage roll
  - $1.20

- - sauce
  - $0.20

**Friday Meal Deal**

- Pie / pastry and Nippy’s juice
  - $5.50

- Sausage roll and Nippy’s juice
  - $5.00

- 2 party pies and Nippy’s juice
  - $4.50

- 2 party sausage rolls and Nippy’s juice
  - $4.50

### Snack Time

- Seasonal fruit
  - $1.50

- Go Gurt yoghurt tube
  - $1.50

- Popcorn
  - $0.50

- J&J Veggie chips burger/chicken, honey soy
  - $1.50

- Assorted fruit muffins
  - $1.00

- Chocolate chip cookie
  - $1.00

- Bag rice crackers
  - $0.50

- Nutri Grain cereal
  - $0.50

- Milo cereal
  - $0.50