



The canteen menu aims to provide healthy and nutritious food and drinks consistent with the DfE '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. Forks required for foods brought from home will be 10 cents each. 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		
White / Wholemeal	Sandwich	Roll
Vegemite OR cheese	\$3.00	\$3.50
Egg OR ham	\$4.50	\$5.00
Tuna OR chicken	\$4.50	\$5.00
Salad only (lettuce, carrot, tomato, cucumber)	\$5.00	\$5.50
Ham salad	\$6.00	\$6.50
Tuna OR chicken salad	\$6.00	\$6.50
Extra fillings: cheese, carrot, cucumber, lettuce, tomato, beetroot add \$0.50		
Mayo, tomato, sweet chilli - add \$0.30		

SALADS		
Munch & crunch box	crackers, cheese, French onion dip, carrot, cucumber	\$5.50
Wiggly worm box	cheese sandwich, mini muffin, seasonal fruit, carrot, cucumber	\$5.50
Noodle salad	small tub	\$3.50
	large tub	\$4.50
Super salad bowl:	lettuce, carrot, cheese, tomato, cucumber, ½ boiled egg, noodle salad, beetroot	\$8.00
	- add ham, tuna	\$1.00
	- add sweet chilli chicken tender	\$2.00
	- add crumbed chicken tender	\$2.00

THIRST BUSTERS	
Bottle of water	\$2.50
Flavoured milk 250ml choc, strawberry, honeycomb	\$3.70
Pure fruit juice 250ml apple, orange, apple/blackcurrant	\$3.20
Pop Top flavoured milks chocolate, strawberry, banana	\$3.70
Sanitarium Up and Go – chocolate/strawberry	\$3.50

NICE & ICY – lunch time counter sales only	
Frozen juice cups	\$2.50
Paddle Pops	\$2.50
Vanilla ice cream dandy cup	\$2.50
Icy Twist	\$2.50
Mini Callipo	\$2.50
Frozen Strawberry Yoghurt	\$2.50

HOT SUB BAR	
Garlic bread plain – add cheese 50c, add Ham 50c	\$3.50
Crumbed chicken with lettuce and mayo	\$6.00
Sweet chilli chicken with lettuce and mayo	\$6.00

HOME MADE PIZZA BAR	
Hawaiian - ham, cheese, pineapple	\$5.00
BBQ chicken – bbq sauce, chicken, cheese	\$5.00

HOT PACKS	
Macaroni cheese	\$5.50
Lasagne	\$5.50
Spaghetti bolognaise	\$5.50
Wedges with sweet chilli and sour cream	\$5.50
Nachos with salsa, cheese and sour cream	\$5.50
Steamed dim sim - soy sauce	\$2.00 \$0.30

BURGERS all served in a white buttered roll	
Add salad	\$1.00
Cheese burger - beef, cheese, sauce	\$6.50
Chicken burger - crumbed chicken, lettuce, mayo	\$6.50

LUNCH PACKS		
<i>Jurassic, veggie slice packs include noodle salad, carrot sticks, cucumber</i>		
Jurassic:	3 dino nuggets	\$6.00
	6 dino nuggets	\$7.00
Veggie slice	Zucchini, bacon and carrot	\$7.00
<i>Pirate and gluten free nugget packs contain the salad but do not have the noodle salad in them.</i>		
Pirate:	1 piece of fish and wedges	\$6.00
	2 pieces of fish and wedges	\$7.00
BENTO BOX (Small)	4 Potato gems, 2 mini spring rolls, 2 dim sims, 1 corn cob	\$6.00
BENTO BOX (Large)	6 Potato gems, 3 mini spring rolls, 3 dim sims, 2 corn cobs	\$7.00
Gluten free nuggets:	3 nuggets	\$6.00
	6 nuggets	\$7.00

DAILY SPECIALS	
THURSDAY ONLY	
Hot dog in bread	\$3.50
Hot dog in white roll	\$4.50
- cheese	\$0.50
- bbq, sweet chilli, tomato sauce, mustard	\$0.30
THURSDAY MEAL DEAL	
Hot dog, flavoured milk, cookie	\$9.00
FRIDAY ONLY	
Pie	\$5.20
Pasty	\$5.20
Sausage roll	\$4.20
Party pie / party sausage roll	\$1.80
- sauce	\$0.30
FRIDAY MEAL DEAL	
Pie / pasty and juice	\$8.00
Sausage roll and juice	\$7.00
2 party pies and juice	\$6.50
2 party sausage rolls and juice	\$6.50

SNACK TIME	
Seasonal fruit	\$1.50
Red Rock Honey Soy Chicken Chips	\$2.00
Popcorn	\$2.00
Assorted fruit muffins	\$1.50
Chocolate chip cookie	\$1.50
Bag rice crackers	\$0.50
Mixed cereal, Honey Chex cereal, Milo cereal	\$0.50