



**CANTEEN MENU**

Effective TERM 3 2013

Open Monday to Friday from 8:30am  
Phone 6205 6757 (canteen manager – Amelia)

**Healthier choices** 😊

Foods and drinks tagged with the green smiley faces are the best food choices as they contain a wide range of nutrients and are generally low in saturated fat and/or sugar and/or salt. Choosing these foods will help your body get the nutrients it needs to be healthy and happy.

**Flexischools** - Make ordering easy by using our online ordering service. Go to [www.flexischools.com.au](http://www.flexischools.com.au) to simply click and order! Orders can be made a day ahead. Cut off time for online orders is 9:30am on the day the order is to be supplied.

**LUNCH ORDER MENU**

The following items are made to order.

(please add 10c if you require a paper bag)

<b>Soup</b> 😊			\$3.50
Varieties include pumpkin, potato & leek, chicken noodle, tomato			
With a bread roll			\$4.00
<b>Tortilla Wraps</b> (half size available)			
<b>Salad</b> 😊			\$4.00 (half \$2.50)
Lettuce, grated cheese, grated carrot, cucumber and tomato			
<b>Ham &amp; Salad</b>			\$5.00 (half \$3.00)
Generous slice of champagne ham and salad			
<b>Tuna &amp; Salad</b> 😊			\$5.00 (half \$3.00)
A delicious tinned tuna and salad			
<b>Chicken &amp; Salad</b>			\$6.00 (half \$3.50)
Roast chicken meat and salad			
<i>*The following sauces are available on request: tomato, BBQ, mayonnaise, tartare, hommus or sweet chilli</i>			
<b>Sandwiches</b>			
Jam	\$2.00	Vegemite	\$2.00
Ham	\$3.00	Chicken	\$3.00
Tuna 😊	\$3.00	Cheese 😊	\$3.00
Salad 😊	\$3.00		
For extra salad add 50c			
<b>Burgers</b> (on wholemeal buns/white bun by request)			
<b>Hamburger</b>			\$5.50 (plain \$4.50)
Meat patty, lettuce, tomato, beetroot, cheese and tomato sauce			
<b>Cheese burger</b>			\$5.00
Meat patty, cheese and tomato sauce			
<b>Chicken burger</b>			\$5.00
Chicken breast fillet, lettuce and mayo			
<b>Fish burger</b>			\$5.00
Salmon cake, lettuce and tartare sauce			

## OVER THE COUNTER SALES

(can also be included in Lunch Orders)

### Hot Food

<b>Pizza Slice</b>	\$1.20	<b>Hash Brown</b>	\$1.00
<b>Sausage Roll</b>	\$2.80	<b>Garlic Bread</b>	\$0.70
<b>Dim Sim</b>	\$0.50	<b>Fried Rice</b> (vegetarian)	\$3.50
<b>Chicken Crackle</b>	\$0.70	<b>Spinach &amp; Ricotta Roll</b>	\$3.50
<b>Spring Roll</b> (vegetarian)	\$0.80	<b>Meat Pie &amp; Mash</b>	\$3.50
<b>Corn on Cob</b> 😊	\$1.00	<b>Lasagne</b>	\$4.00
<b>Party Pie</b>	\$1.20	<b>Spaghetti Bolognese</b> 😊	\$4.00
<b>Nachos with Bolognese Sauce</b>	\$4.50	<b>Tomato Sauce</b>	\$0.20
(Vegetarian option available)		<b>Cheese Smiley</b>	\$0.70

### Snacks

<b>Pretzels</b>	\$0.05	<b>Fruit</b> 😊	\$0.50
<b>Popcorn</b> 😊	\$0.50	<b>Choc Chip Muffin</b>	\$0.50
<b>Carrot Sticks</b> 😊	\$0.05	<b>Choc Chip Cookie</b>	\$0.20
<b>Rice Cracker Snacks</b>	\$0.50	<b>Milo</b> (hot/cold) 😊	\$1.00

### Chips

<b>Smiths Chips</b> Salt & Vinegar	\$2.00		
<b>Red Rock</b> (Sea Salt, Honey Soy Chicken)	\$2.00	<b>Extra Spoon/Fork</b>	\$0.05

### Drinks and Frozen Treats

<b>Bottled Water</b> 😊	\$1.00
<b>Small Moove</b> (300ml) (chocolate, strawberry, banana) 😊	\$2.50
<b>Large Moove</b> (600ml) (chocolate, strawberry, banana) 😊	\$4.00
<b>Plain milk HiLo</b> (300ml) 😊	\$1.20
<b>Plain milk with SIPAHH</b> (chocolate, choc-mint, strawberry, banana, cookies & cream) 😊	\$1.70
<b>Fruit box</b> (250ml) (apple, orange, apple & blackcurrant)	\$1.50
<b>Paddle Pop</b> (rainbow, chocolate, banana, vanilla)	\$2.00
<b>Frozen Fruit Stick</b> (assorted flavours)	\$0.60
<b>Freezpop</b> (chocolate, strawberry, vanilla)	\$1.00
<b>Frozen Yogurt</b> (mango, passionfruit, strawberry)	\$2.20
<b>Frozen Juice Cups</b> (apple, apple/blackcurrent, orange)	\$1.00
<b>Up &amp; Go</b> (chocolate, strawberry, vanilla, banana) 😊	\$2.50
(available for purchase before school for breakfast)	

**Bring your bag to the counter during lunchtime to collect frozen items  
Please write student's name and class clearly on lunch order bag**

**Please place your order before 9.30am - late lunch orders will only be  
filled at the discretion of the manager**