

2017 Canteen Menu

In your Eco Lunch Wallet or on a paper bag, please write your child's **name** and **class**, the **food** they wish to order, the **total cost** of the order, and the amount you have **enclosed**. Add 5c for a paper bag if required.

Alternatively, you can order online at www.ouronlinecanteen.com.au

RED: Eat Least

Amber: Eat Carefully

GREEN: Eat Most

Bread Options Include:

High Fibre White Bread, Wholemeal Bread,

Wrap, White & Wholemeal Rolls

Sandwiches

Cheese	\$2.00
Chicken	\$2.50
Egg	\$2.00
Ham	\$2.00
Plain Roll	\$1.00
Tomato	\$2.00
Tuna	\$2.50
Vegemite	\$2.00
Salad <i>Lettuce, cheese, tomato, cucumber & carrot</i>	\$3.00
Salad with meat: <i>Please specify Chicken, ham or tuna</i>	\$3.50
Chicken Wrap	\$3.50
<i>with salad in wrap</i>	\$4.50

Salads/Fruit

Garden Salads – 440ml tub <i>Lettuce, Cheese, tomato, cucumber & carrot</i>	\$2.00
Garden Salad with Chicken or Egg – Students: Tubs Teachers: Plate	\$2.50
Apple Rings	\$1.00
Fruit Salad (Term 1 & 4)	\$3.00

Hot Food

Chicken Nuggets	\$0.60
Lasagne	\$3.50
Macaroni & Cheese	\$3.50
Pizza Slice – Hawaiian	\$2.50
Dim Sims	\$1.00
Party Pies	\$1.20
Hot Dog	\$3.00
Sausage Roll – Large	\$2.50
Noodles – Beef or Chicken	\$2.50
Fried Rice	\$3.50
Tomato Sauce	\$0.20

Drinks

Low Fat Milk – Chocolate or Strawberry	\$1.50
Juice (no added sugar) – Orange, Apple or Tropical	\$1.50

Snack Items

Choc Chip Go Cookie	\$1.00
Icy Pole	\$1.00
Banana Bread	\$2.00
Pop Corn	\$1.00
Jumpys Chicken Potato Snacks	\$1.00
Frozen Yoghurt- Strawberry or Mango	\$1.60

