

**(G) GREEN – SELECT OFTEN (A) AMBER – SELECT SELDOM**

**DRINKS**

(G) Bottled Water 600ml	\$1.80
(G) Nippy's u/sweet Orange/Apple Juice 300ml	\$2.20
(G) Harvey Fresh – 100% Juice – 3 flavours 250ml (Apple, Orange, Apple/Blackcurrant)	\$1.60
(G) Oak Strawberry/Chocolate low fat 300ml	\$2.20
(G) Dairy Farmers Plain milk 300ml	\$1.30
(G) Breaka Chocolate/Strawberry/Vanilla 250ml	\$2.10

**ICE BLOCKS/LOW FAT ICE CREAMS/YOGHURT**

(G) Juices – Wildberry/Apple/Tropical/Orange	.70c
(A) Bulla Frozen Strawberry & Apricot Yoghurt	\$1.60
(A) Low Fat Vanilla Cup	\$1.40
(A) Moosies Strawberry/Chocolate/Banana	\$1.30
(A) Krazy Krush 250ml spoon provided –	\$1.80
(A) Fandangles	\$1.50
(A) Lifesavers or Icy poles Raspberry/Lemonade	\$1.00
(A) Milo Scoop Shake	\$2.50

(When ordering frozen items, students to bring lunch bag to collect)

**FRUIT**

(G) Fresh (fruit in season) - Apple, Orange, Banana	\$1.00ea
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**MUFFINS**

(A) Banana or Chocolate Muffin (Homemade)	\$1.00 ea
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**CHIPS & SNACKS – Low fat varieties**

(A) Red Rock Chips – Lightly salted/Honey Soy	\$1.20
(A) JJ's Chicken/Pizzas	\$1.20
(A) Koala Popcorn – Low Salt/Chicken	\$1.20

The chips, ice creams and drinks meet the Rite Bite Healthy Food and Drink Supply Strategy for SA Schools or Preschools.  
 If you have any time to spare the Canteen is always looking for more volunteers to help out. If you are interested, please contact the Front Office on 8251 2717 or see Athalie Webb, our Canteen Manager. We look forward to meeting any new parents and families.  
 Thank you,



**TERM 1, 2016 CANTEEN MENU**

**Effective from Thursday 4<sup>th</sup> February (Canteen open every day)**

Rite Bite Healthy Food & Drink Supply Guidelines

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**VEGETARIAN DISHES AVAILABLE**

**SANDWICHES & ROLLS**

**(Wholemeal & Multi Grain Round Rolls available)**

	Sandwiches	Toasted & Rolls
(G) Plain bread (2 slices)	\$1.60	
(G) Buttered (light spread)	\$1.70	\$2.00
(G) Vegemite	\$2.00	\$2.30
(G) Ham	\$2.70	\$3.00
(G) Cheese (low fat)	\$2.20	\$2.50
(G) Ham with Cheese	\$3.20	\$3.50
(G) Ham with Salad (lettuce/tomato)	\$3.30	\$3.60
(G) Ham, Cheese/Salad(lettuce/tomato)	\$3.80	\$4.10
(G) Egg	\$2.70	\$3.00
(G) Egg & Salad (lettuce/tomato)	\$3.30	\$3.60
(G) Egg, Lettuce & Mayo	\$3.20	\$3.60

**EXTRAS**

(A) Mayo or Sauce	20c ea
(G) Cheese sliced (low fat)	60c ea
(G) Tomato/Lettuce/Carrot/Cucumber	50c ea
(G) Grated (Cheese & Carrot)	60c ea
(G) Egg/Ham	\$1.00 ea

**Lunch Bags**

**5 cents each or 10 for 40 cents**

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**(G) BURGERS – HAMBURGER/CHICKEN/VEGETARIAN NUGGET BURGER**

Plain (A)	Cheese (G)	Lett/Mayo (G)	Salad (G)	Lot (G) Salad/Cheese	Sauce	Mayo
\$3.60	\$4.10	\$4.10	\$4.30	\$4.80	+20c	+20c

**(A) HOT DOGS**

Plain	Sauce	Butter	Butter/Sauce	Butter/Cheese/Sauce
\$3.40	\$3.70	\$3.70	\$3.90	\$4.40

**HOT ROLLS**

Chicken Nugget, Fish Finger or Vege Nugget

- (A) Buttered \$3.60 ea (G) Lettuce/Mayo \$4.10 ea
- (A) Hot Roast Chicken rolls: Buttered \$3.80 + Lettuce & Mayo - \$4.30
- (A) Hot Chicken Strip roll: Buttered \$3.80 + Lettuce & Mayo - \$4.30
- With sauce 20 cents extra

**PIZZA**

- (G) McCain Ham & Pineapple/Supreme/Cheese & Bacon \$3.10

**SALAD BOXES**

- (G) Ham or Egg \$5.30

**SOUP**

- (G) Homemade Chicken Noodle \$1.00
- (G) Homemade Chicken Noodle with 1/2 roll \$2.00
- (G) Homemade Chicken Noodle with full roll \$3.00

**PIES, PASTIES & SAUSAGE ROLLS**

**MRS MACS GOOD EATING RANGE**

	Plain	With Sauce
(A) Mrs Macs Cruiser Beef & Cheese Pie	\$3.80	\$4.00
(A) Mrs Mac's Cruiser Beef Pie	\$3.60	\$3.80
(A) Mrs Mac's Potato Pie	\$3.60	\$3.80
(A) Mrs Mac's Sausage Roll	\$3.00	\$3.20

**BALFOURS BETTER BITE RANGE**

(A) Balfours Sausage Roll	\$3.50	\$3.70
(A) Balfours Pasties	\$3.60	\$3.80

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**HOT MEAL PACKS**

- (G) **SPAGHETTI** (Homemade) (lean beef, pasta sauce, light Cheese) \$3.60
- (G) **PASTA BAKE** (Homemade) (Lean Beef, pasta, pasta sauce, light cheese) \$3.60
- (G) **PASTA BAKE** (Homemade) large serve \$5.10
- (G) **LASAGNE** – Allied Chef 220gr (Pasta sheets with meat sauce & cheese topping) \$3.60
- (G) **MACARONI CHEESE** (Homemade) (Noodles in creamy low fat cheese sauce) \$3.60
- (G) **TUNA BAKE** (Homemade) (Tuna, corn & pasta in low fat cheese sauce) \$3.60
- (G) **RICE** (Homemade) (Carrot, bacon, egg, peas, corn, spring onion & sauce portion) \$3.60
- (G) **VEGETARIAN HOKKIEN NOODLES** (Homemade) (Carrot, peas, corn, bok choy, spring onion in sweet soy sauce) \$3.60

**PACKS WITH SAUCE**

(tomato, sweet & sour, thai sweet chilli or BBQ)  
*(extra sauces – 30 cents each)*

- (A) Chicken strips pack (8 strips only) sauce portion 30c extra \$3.70
- (A) Hot chip pack with choice of sauce \$4.00
- (A) Crackle, Chicken Nugget, Fish Finger, Vege Nugget Packs (4 main items, & chips with choice of sauce, Spork) \$4.40
- (A) Chicken strips and Wedges pack with choice of sauce \$4.40
- (A) Wedges pack with choice of sauce \$4.40
- (A) Fish and chip pack with choice of sauce \$4.40

**HOT EXTRAS**

- (G) Corn Cob (in bag) \$1.00 ea (A) Fish Fingers .80c ea
- (A) Chicken Nugget .80c ea (A) Chicken Crackles .80c ea
- (A) Vege Nugget .80c ea (A) Hash Browns .90c ea
- (A) Sauce portion/Tomato/Sweet & Sour/Thai Sweet Chilli/BBQ .30c ea*