

"Nurturing a Healthy Community"

TERM 2 AND 3 CANTEEN MENU 2020

This canteen menu has been developed after consultation with the Student Committees. It is designed to follow the "Go for your life" Healthy Canteen guidelines, where foods are divided into 3 categories:

- GREEN: Everyday foods
- YELLOW: Select carefully foods - occasionally only
- RED: Limited availability - twice per term only

Lunches must be
PRE-ORDERED

ORDER ONLY

BREAD ROLLS, SANDWICHES

All wholemeal/whole grain

Tzatziki spread replaces margarine

■ Ham	3.00
■ Chicken	3.50
■ Cheese	2.20
■ Egg and Lettuce	2.80
■ Vegemite	2.00
■ Tuna	3.00
■ Any Meat and Salad	4.50
■ Salad	3.50
Extras:	
■ Cucumber, Carrot, Beetroot, Lettuce, Tomato, Soy or Tomato sauce	0.30 each
■ Cheese	0.50

HOT FOOD

■ Homemade soup with dinner roll	3.70
Monday - Pumpkin	
Wednesday - Leek and Potato	
Friday - Chicken	
■ Baked Potato and Coleslaw (Tues & Thurs)	3.70
■ Chicken and Veg Pie	4.00
■ Vegetarian Lasagne	3.80
■ Macaroni Cheese	3.80
■ Pasta Spirals	3.80
■ Beef Traveller Pie 160g	3.50
■ Chicken Sub	4.50
■ Vegie Burger	3.50
■ BBQ Chicken or Margerita Chicken	3.50
■ Chicken Fantastic Noodles	2.50
■ Beef Lasagne	4.00
■ Butter Chicken and Rice	4.00
■ Vegetable Pastie	3.70
■ Spinach and Cheese Roll	3.70

OVER THE COUNTER SALES

	price
■ Flavoured Big M UHT 250 ml	2.00
■ Flavoured Big M 300 ml Fresh	2.40
■ Flavoured Big M 600 ml Fresh	3.60
■ Up and Go - 250ml	2.30
■ Daily Juice - Apple, Orange, Apple & Breakfast 500 ml	2.50
■ 110 ml Juice Cups - Apple or Orange	0.70
■ Tetra Juice Pack 250ml	1.50

Veggie Pack

■ Celery & Carrot sticks with dip (taz/hom)	2.50
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■ Koala Popcorn	1.50
■ Fresh Fruit (in season)	0.70
■ Goulburn Valley Cool fruit tubs	2.00
■ Frozen Yoghurt	2.50
■ Fresh Yoghurt	2.20
■ Quelch Fruit Tubes	0.50
■ Banana Bread	2.50
■ Dried Fruits	1.00
■ Nuts	2.00
■ Cheese Snack pack	2.50
■ Tuna Snack pack	2.80
■ Sarah Lee Muffin	3.00
■ Piranha Crackers	1.50

HOT FOOD available @ recess only

■ Mini Pie Bites	3.00
■ Steamed Dim Sims	1.00
■ Egg Bites - Three Flavours	3.00

Bags can be bought from Canteen before school for 20 cents/4 bags. Name, class, order and amount enclosed to be written on bag. Strictly ONE lunch order per bag. Correct money if possible. No large notes please. Change available from Canteen from 8.00 a.m. Place in basket in Homeroom.

CONTACTLESS PAYMENT BY EFTPOS NOW AVAILABLE AT CANTEEN.