

"Nurturing a Healthy Community"

TERM TWO AND THREE MENU, 2019

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	
<i>All wholemeal/whole grain</i>	
<i>Tzatziki spread replaces margarine</i>	
■ Ham	3.00
■ Chicken	3.50
■ Cheese	2.20
■ Egg and Lettuce	2.80
■ Vegemite	2.00
■ Tuna	3.00
■ Any Meat and Salad (Chick, Ham, Tuna)	4.50
■ Salad	3.50
Extras:	
■ Cucumber, Carrot, Beetroot, Lettuce, Tomato, Mayonnaise	0.30 each
■ Cheese	0.50
**California Rolls (sushi)	
available Tuesday	
■ Tuna	3.00
■ Chicken	3.00
■ Vegetarian	3.00
HOT FOOD	
■ Homemade soup with dinner roll	3.70
Monday - Pumpkin	
Wednesday - Leek and Potato	
Friday - Chicken and Corn	
■ Baked Potato and Coleslaw (Tues & Thurs)	3.70
■ Chicken and Veg Pie	4.00
■ Vegetarian Lasagna	3.80
■ Macaroni Cheese	3.80
■ Pasta Spirals	3.80
■ Beef Traveller Pie 160 g	3.50
■ Chicken Sub	4.50
■ Veggie Burger	3.50
■ BBQ Chicken or Margerita Pizza	3.50
■ Chicken Fantastic Noodles	2.50
■ Cheese and Spinach Cannelloni	4.00
■ Angus Beef Lasagna	4.00
■ Butter Chicken and Rice	4.00

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
■ 110ml Juice Cups	0.70
■ Tetra Juice Pack 250ml	1.50
■ Dr Smoothie - varied flavours 350ml	3.00
Veggie Pack	
■ Celery & Carrot sticks with dip (taz/hom)	2.50
■ Koala Popcorn	1.50
■ Fresh Fruit (in season)	0.70
■ Golburn Valley Cool fruit tubs	2.20
■ Fresh Yoghurt	2.20
■ Frozen Yoghurt	2.50
■ 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
<p>Bags can be bought from Canteen before school at 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.</p>	