

“Nurturing a Healthy Community”

TERM 1 AND 4 SUMMER CANTEEN MENU 2020

This canteen menu has been developed after consultation with the 2008 Student Committees and 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

ORDER ONLY		OVER THE COUNTER SALES	
BREAD ROLLS, SANDWICHES			
<i>All wholemeal/whole grain</i>			
<i>Hommus or Tzatziki spread replaces margarine (please specify)</i>			
	Price		price
■ Ham	\$3.00	■ Flavoured Big M UHT 250 ml	2.00
■ Chicken	\$3.50	■ Flavoured Big M 300 ml Fresh	2.40
■ Cheese	\$2.20	■ Flavoured Big M 600 ml Fresh	3.60
■ Egg and Lettuce	\$2.80	■ Up and Go - 250ml	2.30
■ Vegemite	\$2.00	■ Daily Juice - Apple, Orange, Apple & Breakfast 500 ml	2.50
■ Tuna	\$3.00	■ 110 ml Juice Cups - Apple or Orange	0.70
■ Any Meat and Salad	\$4.50	■ Tetra Juice Pack 250ml	1.50
■ Salad	\$3.50	■ Dr Smoothie - varied flavours 350ml	3.00
Extras:		■ Beef pie bites	3.00
■ Cucumber, Carrot, Beetroot, Lettuce, Tomato, Soy or Tomato sauce	0.30 each	■ Dim Sim (Steamed)	1.00
■ Pizza (Margherita or BBQ Chicken)	\$3.50		
■ Noodles	\$2.50	■ Fresh Fruit (in season)	0.70
CHICKEN SUB	\$4.50	■ Fresh Fruit Salad	3.00
VEGIE BURGER	\$3.50	■ Goulburn Valley Cool fruit tubs	2.00
■ Vegetable Pastie	\$3.70	■ Frozen Yoghurt	2.50
■ Cream Cheese and Spinach Roll	\$3.70	■ Fresh Yoghurt	2.20
■ Mi Goreng Fried Noodles	\$3.00	■ Quelch Fruit Tubes	0.50
WRAPS:	\$4.50	■ Banana Bread	2.50
■ Chicken, Cheese and Avocado		■ Dried Fruits	1.00
■ Ham and Salad		■ Nuts	2.00
■ Turkey, Cranberry, Swiss Cheese and Spinach		■ Cheese Snack pack	2.50
SALAD/FRUITS & VEGETABLES		■ Tuna Snack pack	2.80
	Price	■ Sarah Lee Muffin	3.00
Fruit pack		■ Egg Bites (Bacon & Cheese/Feta & Spinach/ Caramelised Onion & Parmesan)	3.00
■ summer fruits (in season)	\$3.00	■ Piranha Snack/Popcorn (Cheese/Sea Salt)	1.50
Salad Plate	\$3.50	CAN BE ORDERED OR SOLD OVER COUNTER	
■ with ham	\$4.50	**California Rolls (sushi)	
■ with tuna	\$4.50	■ Tuna or Chicken or Vegetarian	\$3.00
■ with chicken	\$4.50	■ Rice paper rolls	\$3.00
■ with egg	\$4.00	■ Available Tuesday & Thursday	
Veggie Pack			
■ Celery and carrot sticks with dip <small>(taz or hom)</small>	\$2.50		

Bags can be bought from Canteen before school 4 for 20 cents. 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.

Please keep this menu as you will need it again in Term 1 2021