

“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	
BREAD ROLLS, SANDWICHES	
<i>All wholemeal/whole grain</i>	
<i>Hommus or Tzatziki spread replaces margarine (please specify)</i>	
	Price
■ 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
■ Pizza (Margherita or BBQ Chicken)	\$3.50
■ Noodles	\$2.50
CHICKEN SUB	\$4.50
VEGIE BURGER	\$3.50
WRAPS:	
■ Chicken, Cheese and Avocado	\$4.50
■ Ham and Salad	
■ Turkey, Cranberry, Swiss Cheese and Spinach	
SALAD/FRUITS & VEGETABLES	
	Price
Fruit pack	
■ summer fruits (in season)	\$3.00
Salad Plate	
■ with ham	\$4.50
■ with tuna	\$4.50
■ with chicken	\$4.50
■ with egg	\$4.00
Veggie Pack	
■ Celery and carrot sticks with dip <small>(taz or hom)</small>	\$2.50

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
■ Dr Smoothie - varied flavours 350ml	3.00
■ Beef pie bites	3.00
■ Dim Sim (Steamed)	1.00
■ Fresh Fruit (in season)	0.70
■ Fresh Fruit Salad	3.00
■ 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
■ Egg Bites (Bacon & Cheese/Feta & Spinach/ Caramelised Onion & Parmesan)	3.00
CAN BE ORDERED OR SOLD OVER COUNTER	
**California Rolls (sushi)	
■ Tuna or Chicken or Vegetarian	\$3.00
■ Rice paper rolls	\$3.00
■ Available Tuesday & Thursday	
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 2020