# Fresh CANTEEN MENU

### **Clifton Hill Primary School**

#### Term 4 Summer Menu 2018

The canteen is open at recess for purchases from the snack menu (on the reverse side of this page) and at lunch times until 1.45pm. Students should place lunch orders in the class baskets each morning at 9am. Students bringing late (orders received after 10.30am) or forgotten lunches will be given a lunch order at a cost charged to parents. Please assist this process by encouraging students to be responsible for putting their lunch in the basket.

# Wholemeal/multigrain sandwiches and rolls are available each day

#### All sandwiches and rolls are green foods.

Toasted available upon request.

Cheese/Vegemite/Honey	\$2.50
Egg/egg & lettuce	\$3.50
Curried egg and lettuce	\$3.50
Tuna and salad sandwich	\$3.50
Roast chicken and salad	\$3.50
Ham and salad	\$3.50
🖑 Salad	\$3.50
Plain roll	\$1.00

#### DELI-STYLE TURKISH ROLLS

Fre	shly prepared deli-style Turkish breads	Hal
(G	reen)	f
-	Leg ham, cheese & salad	\$4
-	Roast chicken, avocado & lettuce	
-	🕅 Cheese, avocado & salad	Full
Als	o available Low fat mayonnaise.	\$7

The following items are available only on the allocated days.

# Monday: Mexican Burritos

cheese.	6
Warm flour tortilla wrapped around a filling of minced beef, beans, lettuce, salsa and	\$5
Beef Burrito (Green)	
Warm flour tortilla wrapped around a filling of beans, lettuce, salsa and cheese.	\$5
Vegetarian Burrito (Green)	

# TUESDAY: SALAD BOWLS

Vietnamese Rice Noodle Salad (Green)	\$5.00
A fresh summer salad of carrot, cucumber, lettuce and mint combined with rice noodles and fish sauce dressing. Can be requested without dressing.	
With chicken or tofu 划	
Caesar Salad (Amber)	\$5.00
Delicious bowl of fresh lettuce, croutons, parmesan cheese and light Caesar dressing (contains egg)	

# WEDNESDAY: FRESH PIZZA

All pizzas made with wholemeal pita bread & cheese

\$4.00
\$3.00
\$4.00

# THURSDAY: PASTA

Beef lasagne (Green)	\$4.00
🕈 Macaroni cheese(Green)	\$4.00
lash Pasta Twirl with tomato sauce (Green)	\$4.00

#### FRIDAY: SUSHI

Sushi – Tuna <b>(Green)</b>	\$2.50
🖞 Sushi – Vegetable <b>(Green)</b>	\$2.50
California Roll (Green)	\$2.50
Sushi - Teriyaki Chicken (Green)	\$2.50

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# SUMMER SNACKS

# Available every day at recess from the canteen window

Popcorn – 20g <b>(Green)</b>	\$1.00
Butter *GF	
Cheese	
Salt and Vinegar *GF	
Snaps - (Amber) *GF ALL	\$1.20
BBQ, Oregano & Thyme, Light &	
Tangy	
Piranh - (Amber) *GF ALL	\$1.20
Salt and Vinegar, BBQ cheese,	
Honey Soy	
Mamee – Rice Sticks (Green) *GF	90c
Fruit cups (Green) *GF	\$1.50
Breakfast bars (Amber)	\$1.10
Flavoured rice thins (Green) *GF	30c
Cheese and biscuits (Green)	\$1.10

#### lashift denotes vegetarian option

# DRINKS

#### Available every day

Nippy Milk - Chocolate, Strawberry, Banana <b>(Green) *GF ALL</b>	\$2.00
500 ml Flavoured Water (Amber)	\$2
Flavours include:	
Raspberry & Lemon *GF ALL	

# SUMMER TREATS MOOSIES, ICE BLOCKS and FRUIT TREATS

Available every day at recess or lunch from the canteen window

Moosies Milk Freeze *GF ALL	\$1
3 flavours – Chocolate, Strawberry	
and Banana <mark>(Amber)</mark>	
Juicies- 99% fruit juice tubes *GF ALL	80c
Flavours Apple, Tropical and	
Wildberry (Amber)	

#### ORDERING

- Please <u>clearly</u> write the child's full name, grade and order on the bag.
- We promote rubbish reduction, therefore where possible, we encourage students to provide their own plastic box for their lunch and stick the above information to the lid with sticky tape.
- Correct money should be provided when ordering.
- Students not providing their own plastic box or bag will need to include 20c for a bag, where this does not occur ordered items may need to be substituted.

Vegetarian meal option

\*GF Gluten free snack option

#### GF = GLUTEN FREE

We have labelled items from the canteen \*GF if they are Gluten free. Unfortunately, the canteen is unable to offer lunches that are completely free of gluten traces. However, the snack items labelled **\*GF** are prepacked items that do not contain gluten, or traces of.