

“Nurturing a Healthy Community”

TERM 1 AND 4 SUMMER CANTEEN MENU 2018

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
		■ Frozen Yoghurt	2.50
WRAPS:	\$4.50	■ Fresh Yoghurt	2.20
■ Chicken, Cheese and Avocado		■ Quelch Fruit Tubes	0.50
■ Ham and Salad		■ Banana Bread	2.50
■ Turkey, Cranberry, Swiss Cheese and Spinach		■ 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)	
		available Monday & Wednesday in Term 1 & 4	
		■ Tuna or Chicken or Vegetarian	\$3.00
SALAD/FRUITS & VEGETABLES			
	Price		
Fruit pack			
■ summer fruits (in season)	\$3.00		
Salad Plate	\$3.50		
■ 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		

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 2019