



Sandwiches - Made your way

Sensational summer sandwiches and rolls, available every day!
Please choose fillings listed only, and total carefully.

1 — Your Base

- 😊 Sandwich with margarine – wholemeal \$2.00
- 😊 Bread roll with margarine – wholemeal \$2.30
- 😊 Wrap \$3.00

Multigrain or white bread available by request

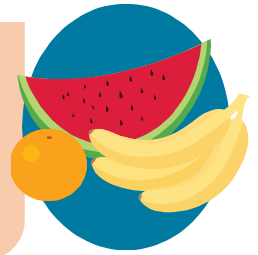
2 — Add on your fillings

- 😊 Salad \$1.20
Lettuce, carrot, cucumber and tomato
- 😊 Tomato / Lettuce \$0.30
- 😊 Chicken \$1.60
- 😊 Tuna \$1.00
- 😊 Roast beef \$1.20
- 😊 Egg \$1.00
- 😊 Beetroot \$0.40
- Ham \$1.20
- Cheese \$0.50
- Mayonnaise \$0.20
- Chutney \$0.20
- Pickles \$0.20

3 — Write your order clearly on your paper lunch bag, and carefully total your order.



Sample Primary School



SUMMER CANTEEN MENU 2013/14 (Terms 4 and 1)

The canteen is open **Mon, Wed and Fri** for lunch orders and for over-the-counter sales at recess and lunchtime.

Please use a large clean bag with your child's name and grade on it. Money should be securely wrapped inside it because the food goes into the bag. Bags cost 10 cents each.
Please total your order carefully.

😊 The smiley face indicates that these are **Green – Every Day** healthy menu choices.

Example order

Student Name:
Class:

Ham and Salad Sandwich	\$4.40
Juice Box:	\$1.50
Bag (if not provided):	\$0.10
Total:	\$6.00

Monday Menu

😊 Fruit salad tub – small	\$3.00
Steamed dim sims	\$0.80
Chicken wedges (4) and salad tub	\$5.00
Party pies (low fat)	\$1.00



Wednesday Menu

😊 Beefburgers:	\$3.50
Flame-grilled burger w/ lettuce, cheese, tomato, beetroot & sauce	
😊 Fried rice	\$3.50
Nuggets (4) and salad tub	\$5.00

Friday Menu

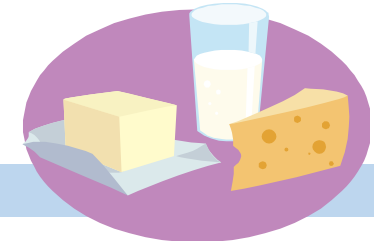
😊 Corn on the cob	\$0.80
Pizza – Margherita or Hawaiian	\$3.50
Chicken strip, cheese and lettuce roll – half/whole	\$2.50/\$5.00

Cool and Fresh Summer Snacks

😊 Watermelon wedges (small)	\$0.50
😊 Hard boiled eggs	\$0.60
😊 Gogurt tubes	\$1.00
😊 Vegetable sticks	\$1.00
Small ziplock bag of 3-5 carrot & celery sticks	
😊 Fresh fruit (seasonal choice)	\$1.00
😊 Fruit nibble bags (seasonal choice)	\$2.20
😊 Yoghurt and fruit cups (small plastic cup)	\$1.70
😊 Cheese & vegetable sticks	\$1.50
Dip tubs for vegetable sticks	\$1.00
Jelly and fruit cups (small plastic cup)	\$1.70

Snacks

Red Rock chips	\$1.50
Popcorn	\$1.50
Gingerbread man	\$1.30
Anzac cookies	\$1.00
School straps	\$0.60
Tiny Teddies	\$1.00
Small muffins	\$1.50



Really Cool Drinks

😊 Water	\$1.50
😊 Plain milk – 300ml	\$1.80
😊 Milk – chocolate or strawberry – 300ml	\$2.50
😊 Up and Go – banana, choc ice, vanilla ice	\$1.60
Juice boxes	\$1.50
Orange, apple, Orange & Mango, Apple & Blackcurrant	
Juice	\$1.70
Orange, Apple, Apple & Blackcurrant	
Flavoured water – Berry, Lemonade, Troppo	\$2.20

Frozen Treats

😊 Frozen pineapple rings	\$0.60
😊 Bag of frozen grapes	\$1.00
😊 Frozen yoghurt	\$1.80
Frozen juice sticks	\$0.60
Paddle Pops	\$1.20