

HOT FOOD			SNACKS		
A	Pies	5.00	A	Various small snacks from	0.10
A	Sausage roll	4.50	G	Popcorn	.20
G	Garlic Bread (hot)	1.50	G	Apple	0.60
A	Chicken tenderloin (crumbed)	3.00	A	Cheese sticks	1.00
A	Chicken Burger – lettuce & mayo	5.50	A	Tiny Teddies	1.00
			A	JJ's – salt & vinegar, chicken, pizza	2.00
A	Chicken nuggets /Gluten Free OR VEGAN nuggets		A	Milo bars	2.00
	4 pack	3.00			
	6 pack	4.50			
	8 pack	6.00			
	10 pack	7.50			
			A	Jelly – red or green	1.50
			A	Gingerbread man	2.00
A	Hamburger (low fat) plain	4.50	A	HOT MILO T2 &3 ONLY	2.00
A	Hamburger (low fat) cheese	4.80		FROZEN PRODUCTS	
A	Hamburger (low fat) sauce	4.80	A	Calippo (mini)	1.50
A	Hamburger (low fat) salad-lettuce & tom	6.00	A	Paddle Pops	2.50
			A	Fruit tubes – (1/2 = 30c)	0.60
A	V2 burger – Cheese & Sauce	5.50	G	Frozen juice cups- apple,OJ	1.00
A	V2 Burger – salad – lettuce & tomato	6.00			
A	Hot potato 2 pieces Buttered Cheese & butter	4.00 4.50	A	Sour Golden North GRAPE,APPLE,LEMON or WATERMELON	2.50
A	PASTA Twista bolognaise Lasagne Mac N Cheese	5.50 5.50 5.50	A	SWING Lemonade, Cola or raspberry	2.50
				DRINKS	
			G	UHT milk – choc/strawberry	3.50
A	Chicken noodles	3.30	A	OAK milk – choc/strawberry	4.00
A	GF Chicken Noodles	3.50	A	Krazy Krush - Mini	1.50
			A	Krazy Krush	3.00
A	Pizza whole – ham & pineapple ham & Cheese BBQ chicken	6.00 6.00 6.00	A	Groove Mineral Water-W/melon, Cool Blue, Rasp & Grape	3.00
A	Pizza ½ - ham & cheese ½ ham & pineapple ½ BBQ chicken	3.00 3.00 3.00	A	Fruit Drink 250ml- orange/ apple&blackcurrent/ apple	2.00
	SAUCE EXTRA	0.30	G	Spring water 600ml Spring Water 250ml	3.00 1.50
SANDWICHES/ROLLS					
Sauce, mayonnaise (low fat) or mustard are 30c each					
Extras – lettuce, tomato, carrot, cucumber, cheese, egg – 50c each					
#	Toasted sandwiches 50c extra term 2 & 3 ONLY	Sandwich (G)	Roll(G)		Salad (G)
G	Salad (tomato, cucumber, carrot, lettuce)	4.50	5.50		
G	Egg	4.00	5.00		
G	Egg salad with lettuce, carrot, tomato & cucumber	6.00	6.00		6.50
G	Buttered	2.00	3.00		
G	Barbecue chicken	4.50	5.50		
G	Barbecue chicken salad with lettuce, carrot, tomato & cucumber	6.00	6.50		6.50
A	Ham	4.00	5.00		
A	Ham salad with lettuce, carrot, tomato & cucumber	5.50	6.00		6.00
A	Cheese	3.50	4.00		
A	Cheese salad with lettuce, carrot, tomato & cucumber	5.00	5.50		5.50
A	Vegemite	2.50	3.00		

HEALTHY EATING POLICY

GREEN FOODS

These are considered the best choice of foods for schools. These are the main foods we promote and sell in our canteen.

Examples:-

Breads, cereals, rice, pasta, noodles, vegetables, fruit, reduced or low fat dairy products, lean meat and poultry and water

AMBER FOODS

These foods have some fat, sugar or salt added to them and have had water removed during processing. Reduced the number of amber foods offered in canteen.

Examples:-

Full fat dairy products, processed meats, margarine, mayonnaise, oil, snack food bars, ice creams, milk based ice confections, ice blocks, fruit based ice confections, slushies and fruit juices.

RED FOODS

These foods are outside The Dietary Guidelines for Children and Adolescents in Australia. They are high in fat, sugar and/or salt. Schools are only able to offer some of these foods occasionally (twice each term).

Examples:-

Sugar and artificially sweetened drinks and confectionery are not to be offered at anytime. Deep fried food, savoury snack foods, chocolate coated and premium ice creams, cakes, muffins, sweet pastries and slices, and savoury pastries ('normal' pies, pasties and sausage rolls). These may be offered twice each term on special occasions.

Clearly the eating habits of children are most strongly influenced by their family. It is families' choice with issues such as lunches brought to school or bought at our canteen. As a school we support you in this important matter of developing positive attitudes to healthy eating.

HELPFUL INFORMATION



all sandwiches and baguettes can have fillings added or deleted (just adjust the price)

please mark lunch bags clearly – child's name and home base

correct money would be appreciated, however change will be given (taped to outside of bag)

I hope you find these points helpful. If you have any queries please feel free to contact me at the canteen on 82895342.

Volunteer help is essential to keep our canteen open 5 days a week. Are you able to spare any time? Please help share the load – it's a good way to meet new people!

Thank you

Kate Reynolds & Rachael Clarke-Jones