



## Golden Grove Primary School Canteen Menu

Effective from **5/5/26** **Prefer orders to be placed via**



G = green = best choice. A = amber = occasional choice

| HOT FOOD   |  |              | SNACKS      |   |           |
|--|--|--------------|-------------|---|-----------|
| A  | Pies   | 5.60         | A           | Various small snacks from                               | 0.10      |
| A  | Sausage roll   | 5.10         | G           | Popcorn   | .50       |
| G  | Garlic Bread (hot)   | 2.60         | G           | Apple   | 1.00      |
| A  | Chicken tenderloin (crumbed)                                   | 3.60         | A           | Cheese sticks   | 2.00      |
|  |  |              | A           | Tiny Teddies  | 1.50      |
|  |  |              | A           | JJ's – salt & vinegar, chicken, pizza                   | 2.50      |
| A  | Chicken nuggets /Gluten Free <b>OR</b><br>VEGAN nuggets        |              | A           | Milo bars   | 2.00      |
|  | 4 pack   | 3.60         |             |   |           |
|  | 6 pack   | 5.10         |             |   |           |
|  | 8 pack   | 6.60         |             |   |           |
|  | 10 pack  | 8.10         |             |   |           |
|  |  |              | A           | Jelly – red or green                                    | 2.00      |
| A  | Hot Ham & Cheese Roll  | 5.50         | A           | Gingerbread man   | 2.50      |
| A  | Hot Chicken & Mayo   | 5.80         | A           | HOT MILO T2 &3 ONLY                                     | 2.50      |
| A  | Hot Cheese Roll  | 5.20         |             |   |           |
| <b>FROZEN PRODUCTS</b>   |  |              |             |   |           |
| A  | Hot Dog plain (low fat)  | 5.60         | A           | Calippo (mini)  | 2.00      |
| A  | Hot Dog with Sauce   | 5.90         | A           | Paddle Pops   | 2.50      |
| A  | Hot dog with cheese  | 6.40         | A           | Fruit tubes – (1/2 = 50c)                               | 1.00      |
| A  | Hot Dog with Cheese & Sauce                                    | 6.60         | A           | Creamy Ice Cream Bar                                    | 1.00      |
|  |  |              |             |   |           |
| A  | Corn (buttered) 2 pieces                                       | 2.50         | A           | Sour Golden North<br>GRAPE,APPLE,LEMON or<br>WATERMELON | 2.50      |
| A  | PASTA/RICE   |              | A           | SWING   | 2.50      |
|  | Twista bolognaise  | 5.60         |             | Lemonade, Cola or                                       |           |
|  | Lasagne  | 5.80         |             | Raspberry   |           |
|  | Mac N Cheese   | 5.50         | A           | SPLITS- ORANGE.   | 1.50      |
|  | Vegetable Lasagne  | 5.80         |             | TROPICAL, WILDBERRY                                     |           |
|  | Butter Chicken & Rice  | 6.00         |             |   |           |
| <b>DRINKS</b>  |  |              |             |   |           |
|  |  |              | G           | UHT milk – choc/strawberry                              | 3.60      |
| A  | Chicken noodles  | 3.90         | A           | OAK milk – choc/strawberry                              | 4.10      |
| A  | GF Chicken Noodles   | 4.10         | A           | Krazy Krush - Mini                                      | 1.50      |
|  |  |              | A           | Krazy Krush   | 3.00      |
| A  | Pizza whole – ham & pineapple                                  | 7.50         | A           | Chill J – W/melon, Raspberry,                           | 2.50      |
|  | ham & Cheese   | 7.50         |             | Grape   |           |
|  | BBQ chicken  | 7.50         |             |   |           |
| A  | Pizza ½ - ham & cheese   | 3.75         | A           | Fruit Drink 250ml- orange/<br>apple&blackcurrent/ apple | 2.00      |
|  | ½ - ham & pineapple  | 3.75         |             |   |           |
|  | ½ BBQ chicken  | 3.75         |             |   |           |
|  | SAUCE EXTRA  | 0.30         | G           | Spring water 600ml                                      | 3.00      |
|  |  |              |             | Spring Water 250ml                                      | 1.50      |
| <b>SANDWICHES / ROLLS</b>  |  |              |             |   |           |
| 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              | <b>6.00</b>  | <b>6.00</b> |   | 6.50      |
| G  | Buttered   | 2.00         | 3.00        |   |           |
| G  | Barbecue chicken   | 4.50         | 5.50        |   |           |
| G  | Barbecue chicken salad with lettuce, carrot, tomato & cucumber | <b>6.00</b>  | <b>6.50</b> |   | 6.50      |
| A  | Ham  | 4.00         | 5.00        |   |           |
| A  | Ham salad with lettuce, carrot, tomato & cucumber              | <b>5.50</b>  | <b>6.00</b> |   | 6.00      |
| A  | Cheese   | 3.50         | 4.00        |   |           |
| A  | Cheese salad with lettuce, carrot, tomato & cucumber           | 5.00         | <b>5.50</b> |   | 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