



## Golden Grove Primary School Canteen Menu

Effective from **22/2/21** Prefer orders to be placed via Qkr!

**PLEASE REMEMBER to change the 'HB' IF QKR was USED IN PRIOR YEAR**

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

HOT FOOD		SNACKS		
G	Corn (buttered)	1.50	A Various small snacks from	0.05
G	Hot Potatoes – buttered	2.30	G Popcorn	.10
G	Hot Potatoes – cheese	2.40	G Apple	0.50
G	Hot Potatoes – cheese & butter	2.60	A Cheese sticks (Stringers)	1.00
G	Macaroni cheese (97% fat free)	4.40	A Tiny Teddies	0.60
G	Bolognaise pasta (97% fat free)	4.40	A JJ's – salt & vinegar, chicken, pizza	1.10
G	Lasagne (97% fat free)	4.40	A Milo bars	1.00
A	Pies (Mrs Mac's reduced fat)	3.90	A Jelly – red or green	1.00
A	Sausage roll (Mrs Mac's)	3.60		
A	* Hot ham & cheese roll	4.20		
A	* Hot chicken roll	4.20		
		FROZEN PRODUCTS		
A	Fish fingers	0.60	A Calippo (mini)	1.10
A	* Fish fingers (4) in a roll	3.40	A Paddle Pops	1.60
A	* Fish fingers (4) in roll w/lettuce & mayo	3.80	A Fruit tubes – (1/2 = 30c)	0.60
A	Chicken nuggets	0.70	G Frozen juice cups- apple,OJ	1.00
A	Gluten free Nuggets	0.70	A Lifesaver	1.00
A	Chicken tenderloin (crumbed)	1.90	A Frosty fruit	1.00
A	* Chicken tenderloin (2) in a roll	4.50	A Icy pole (Lemonade)	1.00
A	* Chicken tenderloin (2) in roll/lett & mayo	5.00	A Frozen Jelly sticks	0.20
A	* Hot dogs (low fat)	3.70	A Creamy Ice Bars	1.00
A	* Hot dogs with cheese (low fat sausage)	4.00	DRINKS	
A	*Hot dog cheese "sauce"	4.20		
A	Chicken noodles	3.00		
A	* Hamburger (low fat) plain	3.90	G UHT milk – choc/strawberry	2.60
A	* Hamburger (low fat) cheese	4.20	A OAK milk – choc/strawberry	3.20
A	* Hamburger (low fat) salad – lettuce & tom	4.60	A Hot Milo – term 2 & 3 only	1.10
A	Pizza – ham & pineapple, ham &cheese supreme	5.10	A Crazy Krush	1.80
A	Pizza ½'s	2.60	A Super Essentials Juice bottle 350ml Mango/Berry/coconut	2.50
*	<b>DENOTES CAN BE SOLD BY HALVES</b>		A Juicee crush Juice box 250ml orange/ apple&blackcurrent/ apple	1.50
	SAUCE EXTRA 20C	0.20	A Focus FLAVOURED WATER- Raspberry/fruit tingle/blackcurrant/apple	2.10
G	Garlic Bread (hot)	0.80	G Spring water 600ml	1.80
SANDWICHES/BAGUETTES/WRAP S				
Sauce, mayonnaise (low fat) or mustard are 20c each Extras – lettuce, tomato, carrot, cucumber, cheese, egg – 50c each				
#	Toasted sandwiches 30c extra term 2 & 3 ONLY	Sandwich (G)	Roll/Baguette(G)	Wrap (G)
G	Salad (tomato, cucumber, carrot, lettuce)	3.30*	4.00*	3.60
G	Tuna	3.50*	4.20*	3.80
G	Tuna salad	4.70*	5.40*	5.00
G	Egg	3.10*	3.80*	3.40
G	Egg salad	4.30*	5.00*	4.60
G	Buttered	1.60*	1.80*	N/A
G	Barbecue chicken	3.50*	4.20*	3.80
G	Barbecue chicken salad	4.70*	5.40*	5.00
A	Ham	3.40*	4.10*	3.70
A	Ham salad	4.60*	5.30*	4.90
A	Cheese	3.10*	3.80*	3.40
A	Cheese salad	4.30*	5.00*	4.60
A	Vegemite	2.00*	2.60*	N/A
G	Salad Packs \$4.80 Bases available ham/chicken/tuna/cheese/egg – with lettuce, carrot, tomato & cucumber			

## 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

Jackie Rowe