

# Canteen Price List 2022 (Open Wednesday, Thursday & Friday)

Please place order in classroom lunch order basket by 9am each morning.

Place money in a paper bag/lunch wallet with child's name, grade and order on outside. (10c charge if bag not supplied)

## "Green Everyday foods" - Available Wednesday, Thursday & Friday

Try these tasty everyday foods that help us concentrate, sleep, grow and give us great energy to learn and perform to the best of our ability.

SALAD PLATE	\$5.00	RICE		SNACKS	
(tomato, cheese, carrot, cucumber, beetroot & lettuce)		Fried Brown Rice Vegetarian	\$4.50	Vegemite Bread	\$0.20
- add egg	+\$1.00	Fried Brown Rice with Bacon	\$5.00	Fairy Bread	\$0.05
- add chicken, tuna or ham	+\$1.50	<b>BAKED POTATOES</b>		Cheese Stick	\$1.00
<b>ROLLS, SANDWICHES &amp; WRAPS</b>	\$1.30	Cheese	\$5.50	Carrot Sticks	\$0.10
(Choice of wholegrain or wholemeal)		Ham & Cheese	\$6.00	Potato Stix	\$1.20
- with salad	+\$2.70	Ham, Cheese & Coleslaw	\$6.50	Rice Wheels	\$1.20
(tomato, lettuce, carrot, cucumber & beetroot)		<b>SOUP (Term 2 &amp; 3 only)</b>		Vegie Chips (BBQ or Honey Soy)	\$1.20
- add cheese or egg	+\$1.00	Chicken & Corn Soup (Term 2 & 3 Only)	\$2.70	Muffins (Apple & Cinnamon or Banana Choc Chip)	\$1.20
- add chicken, tuna or ham	+\$1.50	Chicken & Corn Soup with Roll	\$4.00	Homemade Cookie	\$1.00
Vegemite, margarine and mayonnaise	no extra	<b>OTHER ITEMS</b>		Homemade Gingerbread person	\$1.00
<b>TOASTED SANDWICHES</b>		Corn	\$1.00	Homemade Muesli Slice	\$1.00
Cheese	\$3.50	Boiled Egg	\$1.00	<b>FRESH FRUIT</b>	
Cheese & Tomato	\$4.00	<b>ICY POLES</b>		Apple or Orange	\$1.10
Baked Beans & Cheese	\$4.50	Quelch	\$0.80	Fruit Salad (Term 1 & 4 only)	\$4.00
Spaghetti & Cheese	\$4.50	Lemonade	\$1.30	<b>WEDNESDAY ONLY - NACHOS</b>	
Ham & Cheese	\$4.50	Frozen Yoghurt (mango, raspberry or strawberry)	\$2.00	Corn Chips with Cheese & Salsa	\$4.00
Ham, Cheese & Tomato	\$5.00	Juicies (lemon, orange, tropical or wildberry)	\$1.20	Corn Chips with Cheese, Salsa & sour cream	\$4.50

## "Amber-Select carefully foods" The below items are only available on THURSDAY & FRIDAY'S.

These are NOT every day foods as they are highly processed. They should only be eaten sometimes as they are often high in sugar, salt, preservatives, unhealthy fats & additives. These foods do not nourish a healthy body & mind.

Macaroni Cheese	\$4.00	Hot Dog	\$4.00	Party Pie	\$1.20
Lasagne	\$4.00	Potato Pie	\$4.00	Steamed Dim Sim	\$1.20
Cheese & Spinach Roll	\$3.50	Pizza Slab (Ham & Pineapple)	\$3.50	Oven Baked Chicken Nuggets	\$1.00
Meat Pie	\$4.00	Pizza Slab (Margherita)	\$3.50	Tomato Sauce or Soy Sauce satchet	\$0.30
Sausage Roll	\$3.50				