



Canteen Menu 2017:

Healthy Choices



Junior Tucker Box - \$6.20

4 items

<u>Sandwich</u>	<u>Snack</u>	<u>Fruit</u>	<u>Drink</u>
* Wholemeal or white bread sandwich (Choice of any filling)	*Hard boiled egg <i>OR</i> * Cheese and Crackers <i>OR</i> * Lamington	* Apple or Orange (peeled and cored) <i>OR</i> * Dried Fruit Pack (Sultanas & apricots) <i>OR</i> * Carrot sticks	* 100% Fruit Juice any flavour <i>OR</i> * Milk Chocolate Strawberry (fat free)

Hungry Tucker Box - \$7.75

6 items

<u>Sandwich</u>	<u>Snack</u>	<u>Fruit</u>	<u>Drink</u>
* Wholemeal or white bread sandwich (Choice of any filling) <i>OR</i> *Salad Bowl With Ham, Chicken or tuna <i>AND</i> * Corn Cob	* Fresh Popcorn <i>AND</i> * Cheese and Crackers <i>OR</i> * Lamington <i>OR</i> *Hard boiled egg	* Apple or Orange (peeled and cored) <i>OR</i> * Dried Fruit Pack (Sultanas & apricots) <i>OR</i> * Carrot sticks	* 100% Fruit Juice any flavour <i>OR</i> * Milk Chocolate Strawberry (fat free)

Mega Tucker Box - \$8.80

7 items

<u>Sandwich</u>	<u>Snack</u>	<u>Fruit</u>	<u>Drink</u>
* Bread Roll (Choice of any filling) <i>OR</i> *Salad Bowl With Ham, Chicken or tuna <i>OR</i> Lasagna or Pasta <i>AND</i> * Corn Cob	* Fresh Popcorn <i>AND</i> * Lamington <i>AND</i> *hard boiled egg <i>OR</i> * Cheese and Crackers	* Apple or Orange (peeled and cored) <i>OR</i> * Dried Fruit Pack (Sultanas & apricots) <i>OR</i> * Carrot sticks	* 100% Fruit Juice any flavour <i>OR</i> * Milk Chocolate Strawberry (fat free)



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SANDWICHES AND ROLLS

*Choice of Wholemeal, White.
Bread Rolls 50 cents extra.*

Salad	\$3.10
Chicken	\$3.60
Chicken & Salad	\$4.65
Chicken & Avocado	\$4.15
Cheese	\$3.10
Cheese & Salad	\$4.15
Cheese & Lettuce	\$3.60
Cheese & Tomato	\$3.60
Cheese & Vegemite	\$3.30
Ham	\$3.60
Ham & Salad	\$4.65
Tuna	\$3.60
Tuna & Salad	\$4.65
Egg & Lettuce	\$3.60
Vegemite	\$2.05

HOT FOOD

Lasagne or Vegetarian Lasagne	\$4.20
Pasta	\$4.20
Chicken or Vege Noodles	\$3.20
Corn Cob	\$1.00
Party pie	\$1.00
Sausage Roll	\$3.20
Hot dog	\$3.10
Pizza	\$3.60
Chicken Burgers or Vege Burgers (with lettuce, tomato and mayonnaise)	\$4.65
Big Beef Pie	\$3.60
Vegetable Pastie	\$3.60
Dim Sims (steamed)	1.05
Chicken Nuggets (each)	.50
Fried Rice	4.20
Sushi (Only available Thursdays) (Terriyaki Chicken, Cooked Tuna or Egg & Vegetable)	3.00

SALAD BOWLS

*All salads consist of Lettuce, Tomato, Carrot,
Cucumber*

Salad	4.65
<i>with</i>	
Chicken, Ham, Tuna or Egg	\$5.20
Cheese or Avocado	<i>extra</i> .50
Beetroot	<i>extra</i> .50
Onion on request	

FRUIT AND VEGETABLES

Apples (Peeled and cored on request)	\$1.00
Dried Fruit (mixture of Sultanas and Apricots)	.70
Carrot Sticks	.80
Cucumber Sticks	\$1.00
Oranges (quartered)	\$1.00

SNACKS

Hard Boiled Egg	.80
Gingerbread	\$1.70
Lamingtons	1.05
Fresh Popcorn	.60
Popcorn	\$1.80
Choc Chip Cookie	\$1.80

FROZEN TREATS

Fruit Tubes (100% Fruit – Golden Circle)	.60
Bulla Yoghurt Stick	\$1.20

DRINKS

Fruit Juice 100% Apple, Apple/Blackcurrant, Orange	\$1.70
Plain Milk	\$1.50
Flavoured Milk	\$1.80
Strawberry or Chocolate (now fat free)	
Bottled Water	\$1.55

Please print clearly on a paper bag using a biro, not gel pens!

If a lunch bag is to be supplied by the canteen please enclose 10 cents.

Children pick up frozen treats after the 2nd Bell

