## WINTER MENU + 2010

### Morning Tea
- Pikelets & Maple Syrup: $0.50
- Mini Fruit Muffins: 2 for $0.50
- Anzac Slice: $0.50
- Organic Honey Popcorn: $2.20
- Garlic Rolls: $1.00
- Apple Slinkies: No charge
- Low Fat Custard Cups: $1.00
- Yoghurt & Fruit: $1.00
- Organic Corn Chips: $1.50
- Mini Pizza: Ham, Cheese & Pineapple: $1.00
- Pretzels: $0.80
- Rice Cakes: $1.00
- Seasonal Fruit: from $0.80
- Plain Chips: $1.20
- Ovalteenies: $1.00

### Lunch Items
- Pasta Bolognaise: $2.75
- Chicken Burger (mayo/sweet chilli): $3.50
- Salad Box: $3.50
- Nachos: $3.50
- Gourmet Meat Pie: $3.50
- Sushi – Tuna, Chicken or Vege: $3.50
- Chicken Goujons (max 5): 3 for $1 or 35c each (Wednesday only)

### Drinks
- Cold Milo: $1.50
- Fruit Juice: $1.00
- Spring Water: $1.50
- Calci-Yum Choc Milk: $1.50
- Calci-Yum Strawberry Milk: $1.50

### Frozen Items
- Fruit Cups: $0.50
- Icy Pole: $1.00
- Ice-cream Cup: $1.00
- Billabongs: $1.50
- Boost Ice-Cream: $1.50

### Sandwiches/Rolls/Wraps
- White, Wholemeal, Multigrain or Gluten Free Rolls and Wraps extra 50c, Toasted 20c
- Cheese: $1.50
- Chicken: $2.50
- Ham: $2.50
- Tuna: $2.50
- Egg: $2.00
- And Salad (lettuce, tomato & carrot): $1.00

All recipes sourced from the Healthy Canteen website or Chef Laurent ‘Caters for Kids’ Cookbook.
Weekly specials:

Weeks 1 & 6 (20th – 23rd July & 23rd-27th Aug)
- Tandoori Chicken Wrap
  $3:00

Weeks 2 & 7 (26th-30th July & 30th Aug-3rd Sept)
- Fried Rice
  $3:00

Weeks 3 & 8 (2nd-6th Aug & 6th-10th Sept)
- Burrito
  $3:00

Weeks 4 & 9 (9th-13th Aug & 13th-17th Sept)
- Hot Shredded Beef & Cheese Sub
  $3:00

Weeks 5 & 10 (16th-20th Aug & 20th-24th Sept)
- Meat & Vege Sausage Rolls
  $2:50

Extras:
- Tomato or BBQ Sauce...20c
- Sweet Chilli Sauce........20c
- Mayonnaise..............20c
- Paper Bags................20c

Please include a drink slip when ordering drinks.
Thank you

GO
All food classified Green are for you to “Eat Plenty”

SLOW DOWN
All food items classified Amber are for you to “Eat in Moderation”

STOP
Due to Government Policy introduced in 2003, there are no Red food items on this menu.

“Healthy Eating Strategy”
The Canteen Supervisor and P&C Committee thank you for your support, as we guide your children with a “Healthier Approach” to eating.