



# Canteen Menu 2015:

## Healthy Choices



### Junior Tucker Box - \$6.00

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>	* Apple or Orange (peeled and cored)  <i>OR</i>	* 100% Fruit Juice any flavour  <i>OR</i>
	* Cheese and Crackers  <i>OR</i>	* Dried Fruit Pack (Sultanas & apricots)  <i>OR</i>	* Milk Chocolate Strawberry (fat free)
	* Lamington	* Carrot sticks	

### Hungry Tucker Box - \$7.50

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

### Mega Tucker Box - \$8.50

7 items

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



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## SANDWICHES AND ROLLS

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

Salad	\$3.00
Chicken	\$3.50
Chicken & Salad	\$4.50
Chicken & Avocado	\$4.00
Cheese	\$3.00
Cheese & Salad	\$4.00
Cheese & Lettuce	\$3.50
Cheese & Tomato	\$3.50
Cheese & Vegemite	\$3.20
Ham	\$3.50
Ham & Salad	\$4.50
Tuna	\$3.50
Tuna & Salad	\$4.50
Egg & Lettuce	\$3.50
Vegemite	\$2.00

## HOT FOOD

Lasagne	\$3.50
Pasta	\$3.50
Chicken/Vege Noodles	\$3.00
Corn Cob	\$1.00
Party pie	\$1.00
Sausage Roll	\$2.80
Hot dog	\$2.80
Pizza	\$3.50
Chicken Burgers/Vegetable Burgers <i>(with lettuce, tomato and mayonnaise)</i>	\$4.00
Big Beef Pie	\$3.50
Vegetable Pastie	\$3.50
Dim Sims <i>(steamed)</i>	.90
Chicken Nuggets <i>(each)</i>	.40
Fried Rice	3.50
Sushi (Only available Thursdays) (Teriyaki Chicken, Cooked Tuna & Egg & Vegetable)	2.90

## SALAD BOWLS

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

Salad	4.50
<i>with</i>	
Chicken, Ham, Tuna or Egg	\$5.00
Cheese or Avocado	<i>extra</i> .50
Beetroot	<i>extra</i> .50
Onion on request	

## FRUIT AND VEGETABLES

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

## SNACKS

Hard Boiled Egg	.80
Gingerbread	\$1.50
Lamingtons	1.00
Fresh Popcorn	.60
Popcorn	\$1.50
Choc Chip Cookie	\$1.50

## FROZEN TREATS

Fruit Tubes <i>(100% Fruit – Golden Circle)</i>	.50
Bulla Yoghurt Stick	\$1.00

## DRINKS

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

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 2<sup>nd</sup> Bell