

# **Trish's Tasty Treats For Healthy Eats!**



**CANTEEN OPERATION: Mon. Wed. Fri.  
Term 1 2019**

<b>Sandwiches &amp; Rolls</b>		Sandwiches	Rolls
Cheese	V	2.20	2.20
Ham		2.50	2.50
Ham & Salad		4.50	4.50
Ham & Cheese		3.00	3.00
Chicken		3.00	3.00
Chicken & Salad		4.50	5.00
Salad	V	3.50	3.50
Vegemite		1.20	1.20
Vegemite & Cheese		2.20	2.20
Buttered	V	.80	.80
Gluten Free Wraps Available on request		\$4.50	

Food Rules made simple-


Red – Stop and think

Orange – Eat in moderation

Green- Eat most

Gluten Free and Vegetarian options available



<b>SNACK ATTACK</b>	
Fresh Fruit - Apple, Banana, Orange	1.00
Sultanas	GF 1.00
Popcorn – Butter / Cheese	Butter GF 1.00
Anzac Biscuits	.50
Banana Bread Slice	1.00
Salada Bags – Cheese & Biscuits Wholemeal	1.50
Two Fruits Container 220g	GF 1.50
Gingerbread Man	1.50
Sauce	.20
Paper Bags	.10

<b>HOT FOOD</b>		\$
Party Pies		1.00
Gluten Free Quiche Egg & Bacon	GF	\$4.00
Butter Chicken and Rice		\$4.00
Thai Fried Rice and Chicken		\$4.00
Pasties Vegetarian	V	3.00
Hot Dog		3.50
Pasta – Lasagne, Spaghetti		4.00
Pizza – Supreme Ham and Pineapple		3.50
Hot Chicken Roll		3.50
Dim Sims - Steamed		1.00
Hot Cheese Roll	V	2.50
Corn Cobbett	V	1.00
Toastie - Ham & Cheese		3.20
Toastie - Cheese	V	2.50
Toastie - Baked Beans		2.50
Boiled Egg	V	1.00

<b>THIRST QUENCHERS</b>	\$
<b>Juice</b> – Apple, Orange 99.6% Juice	<b>1.80</b>
<b>Milk</b> – Chocolate, Strawberry	<b>1.80</b>
<b>Bottled Water</b>	<b>1.00</b>
<b>Fruit Sticks</b> – Watermelon, Cantaloupe, Grape, Strawberry, Pineapple. (Seasonal fruits) V	<b>1.00</b>



#### PLEASE NOTE

- ❖ Frozen items, fruits and snacks will be sold over the counter at playtime & lunch time.
- ❖ Please write on lunch order bags with **TEXTA**.
- ❖ 10c for a paper bag
- ❖ Lunch orders to be in by 9.30a.m
- ❖ V denotes vegetarian
- ❖ GF Available on request

**As from 2019 our canteen only will use online ordering. Recess over the counter sales can still be cash.**

<b>Assorted Ice Creams</b>	
<b>Frosty Fruits</b>	<b>1.00</b>
<b>Mango Yoghurt</b>	<b>1.00</b>
<b>Kool Pops</b>	<b>1.00</b>