



# Canteen Price List 2009

(Effective from 9<sup>th</sup> March 2009)

## LUNCH ORDERS -

### Sandwiches - Monday only (must be ordered)

Vegemite.....	\$1.30
Cheese or Tomato or Devon .....	\$1.70
Egg or Curried Egg .....	\$1.90
Ham or Chicken or Tuna.....	\$2.40
Salad (lettuce, carrot, cucumber, beetroot & tomato).....	\$2.30
Salad and Devon or ham or chicken or egg or cheese.....	\$2.80
Bread rolls.....	45c extra

### Hot Food - Monday and Thursday (must be ordered)

Pie (Reduced Fat).....	\$2.50
Sausage Roll (Reduced Fat).....	\$2.00
Tomato Sauce.....	25c extra
Lasagna.....	\$2.50
Spaghetti Bolognese.....	\$2.50
Macaroni Cheese.....	\$2.50
Fried Rice.....	\$2.50
Corn on the Cob.....	65c
Pizza (whole).....	\$1.30
Extra paper bags.....	10c extra

### Drinks/Frozen (can be ordered with your lunch)

Milk - plain.....	\$1.10
Milk - Flavoured (Chocolate, Strawberry or Banana).....	\$1.10
Juice - (Orange, Multi V, Apple).....	\$1.10
Spring Water.....	\$1.10
Frozen Juice Cups (Orange/Pineapple).....	50c
Frozen Yogurt (Strawberry).....	\$1.30
Yoplait Go-Gurt - Yoghurt Tubes (various flavours).....	NEW!! 50c

### Extras (can be ordered with your lunch)

Homebake (biscuits/cakes/slices as available).....	50c
Licorice Strip (ea).....	20c *
Ovalteenies.....	70c
Eucalyptus Lollies.....	50c *
JJ's Crackers (Chicken or Pizza).....	70c
Lollies-gummi bears/worms/fruit .....	50c *
Jelly Cups .....	NEW!! 50c
School Straps .....	NEW!! 50c
Pretzels.....	NEW!! 70c
Popcorn (plain/Cheese).....	NEW!! \$1.00

RECESS PURCHASES -

**Recess Menu for Primary Children only (purchased at canteen window)**

Chicken Fingers (ea of Limit 3).....	35c / 3 for \$1
Fresh Fruit.....	Seasonal Prices
Ice Block.....	60c
Daily Specials.....	Various
Frozen Juice Cups (Orange/Pineapple).....	50c
Frozen Yogurt (Strawberry).....	\$1.30
Yoplait Go-Gurt - Yoghurt Tubes (various flavours).....	NEW!!.....50c

....and all of the "EXTRAS" listed overleaf in the Lunch Order section)

**Recess Menu for Infants Children (purchased in infants lunch area)**

$\frac{1}{2}$ Ice Block (Available on Thursdays only).....	35c
Slinky Apples (Available on Mondays only).....	60c

\*During first term the following items will be phased out as per recommendations by the NSW Canteen Association guidelines. They are all classified as "confectionary with little or no nutritional value and excess kilojoule intake".

Licorice

Eucalyptus lollies

Lollies (bears/worms)

These healthier alternatives have been added and are immediately available:

Gu-Gurt Yoghurt tubes

School Straps

Pretzels

Popcorn

I also hope to source some dried fruit selections and will advise when they have been added.

From second term as the weather gets cooler, we will add some hot food options for recess. Hash Browns and Hot Chocolate both meet the "healthy canteen" criteria and have proved popular in other schools so we may try those to begin with.

Thanks for your support