

THINGS TO REMEMBER!

Please print your child's name, class and order CLEARLY on a lunch bag. Change will be taped to the front of the returned lunch bag. If change is greater than \$10.00 we will ask that the child come down to the Canteen and sign for the change at lunchtime. If insufficient money is included with your lunch order, the order will be adjusted accordingly.

No child will go without food.

All frozen treats ordered on lunch orders need to be collected from the Canteen after lunch has been eaten. Children need to bring their original lunch order bag to the canteen as proof of payment.

The Canteen does not offer an IOU facility. If money is not included with your child's order they will receive a sandwich. Where possible your child will be consulted about this.

If a lunch order is not handed in at the appropriate time your child may only be offered a sandwich.

If your child forgets their recess or lunch they will need to obtain a blue "Basic Food Request" form from their class teacher. Fruit or a sandwich will be offered. A note will either be given directly to your child or sent home to you at the end of the week to verify this and immediate payment would be appreciated.

The Canteen follows the NSW Healthy School Canteen Strategy where we seek to provide children with a variety of healthy and nutritious food choices. All food currently available fits within the guidelines. A copy of the guidelines are available for you to see in the Canteen.

VOLUNTEERS

Volunteers are always needed when running a canteen to service such a large school 5 days a week. Your assistance is greatly appreciated so if you have any spare time just pop in and lend a hand or put your name down on the roster for one of the shifts outlined below

1st Shift: 9.00am - 11.15am

2nd Shift: 11.15am - 2.00pm

Full Day: 9.00am - 2.00pm

Working in the canteen is not only rewarding for you and fun for your children but it is also a great way to meet new people and get involved in the school. We hope to see you there!

Canteen Committee Meetings are also held once a month. You are more than welcome to attend. Details are available in the Canteen.

Thank you.

Samuel Gilbert Public School



Canteen Menu **Summer 2009 / 2010**

Price list as of October 2009.

(Please throw out your old menu as some items and prices have changed.)

**Following the NSW Healthy
School Canteen Strategy**

**CONTACT THE CANTEEN VIA THE SCHOOL OFFICE
ON 9680 4477**

Canteen Supervisors: Judy Naudi & Jenelle Lockrey

IGA FREQUENT SHOPPER NUMBER

3058

KNIGHTSBRIDGE

RECESS:

There are a range of food items for sale at recess. The menu changes daily: muffins, apple slinkies, cheese rolls, biscuits, finger buns and numerous other counter items.



Please check the notice board at the front of the Canteen.

Fresh / frozen fruit will be available when in season.

SENSATIONAL SALADS:



SALAD PACK

| | |
|--|--------|
| Incl lettuce, tomato, carrot, beetroot, cucumber | \$2.60 |
| Add 1 extra egg / meat / bread roll | \$3.40 |
| tuna / salmon | \$4.00 |

MINI SALAD PACK

| | |
|--|--------|
| Incl lettuce, cucumber, tomato (or any 3 salad fillings) | \$2.00 |
|--|--------|

| | |
|--------------------|--------|
| FRUIT SALAD | \$2.50 |
|--------------------|--------|

**SANDWICHES AND ROLLS:
(Fixed Prices)**

Available on wholemeal / white / multigrain bread or white rolls.

Add 20c for toasting.

| | Sandwich | Roll |
|--------------------|-----------------|-------------|
| Plain (no filling) | N/A | \$0.80 |
| Honey | \$1.20 | \$2.00 |
| Jam | \$1.20 | \$2.00 |
| Vegemite | \$1.20 | \$2.00 |
| Spaghetti | \$1.50 | \$2.30 |
| Baked Beans | \$1.50 | \$2.30 |
| Egg | \$1.50 | \$2.30 |
| Devon | \$1.50 | \$2.30 |
| Tasty Cheese | \$2.00 | \$2.50 |
| Chicken Breast | \$2.50 | \$3.30 |
| Ham | \$2.50 | \$3.30 |
| Salmon | \$2.50 | \$3.30 |
| Tuna | \$2.50 | \$3.30 |
| Salad (5 fillings) | \$3.00 | \$3.80 |

EXTRAS / COUNTER ITEMS:

| | |
|--|----------|
| Lunch Bags | \$0.10 |
| Extra Fork / Spoon | \$0.10 |
| Salad Dressing | \$0.10 |
| Sauce Sachet | \$0.20 |
| Lettuce / Tomato / Cucumber / Carrot / Pineapple / Egg / Devon | \$0.40ea |
| Ham / Tasty Cheese / Chicken | \$0.80ea |
| Tuna / Salmon | \$1.50ea |
| Popcorn Half Bag | \$0.40 |
| Full Bag | \$0.70 |
| Mamee Rice Snacks | \$0.80 |
| JJ'S Snacks | \$0.90 |
| Pretzels | \$0.90 |
| Deli Rock Chips | \$1.00 |
| Apple Slinky (own apple) | \$0.20 |
| Bread Sticks | \$0.20 |

BASIC WRAPS (Fixed Prices):

| | |
|---|------------|
| ALLUNGA WRAP | Sml \$2.00 |
| Lavash bread with light mayo, lettuce, cheese, carrot, tomato | Lge \$3.00 |
| GUNDAROO WRAP | Sml \$1.00 |
| Lavash bread with devon, tomato sauce | Lge \$2.00 |
| KOONAKA WRAP | Sml \$2.50 |
| Lavash bread with light mayo, leg ham, tomato, lettuce | Lge \$3.50 |
| TIMBURRA WRAP | Sml \$2.00 |
| Lavash bread with light mayo, chicken breast, lettuce | Lge \$3.00 |

If you would like a wrap which is not included on the basic list above, please use the following price guide:

| | | |
|------------|--------------------|--------|
| 2 fillings | no meat | \$2.00 |
| 2 fillings | may include 1 meat | \$3.00 |
| 3 fillings | may include 1 meat | \$3.50 |
| 4 fillings | may include 1 meat | \$4.00 |

HOT FOOD:

| | |
|--|--------|
| Noodle Cups | |
| Beef / Chicken | \$2.50 |
| Mini Hotdog | \$1.50 |
| Large Hotdog | \$2.00 |
| American Hotdog w' cheese | \$2.50 |
| All hotdogs are fat reduced & come with tomato sauce | |
| Chicken Burger | \$3.50 |
| Cheese Burger | \$3.50 |
| Hawaiian Pizza | \$3.50 |
| Bolognaise Twirls | \$3.00 |
| Macaroni Cheese | \$3.00 |
| Chicken Breast Nuggets x 3 | \$1.20 |
| x 6 | \$2.40 |
| Corn on Cob | \$0.60 |
| Junior Pie | \$1.50 |
| Baked Potato | \$2.50 |
| Topped with creamed corn, cheese or baked beans | |

DRINKS:

| | |
|--|--------|
| Pura Plain Milk 300ml | \$1.20 |
| Oak Milk 375ml | |
| Chocolate / Strawberry | \$1.20 |
| Spring Water Small | \$0.80 |
| Large | \$1.00 |
| 100% Fruit Juice 200ml | |
| Apple / Apple Blackcurrant / Orange / Orange Mango | \$1.00 |
| Aaroon 350ml (sparkling mineral water) | |
| Orange / Raspberry | \$1.50 |
| Playwater 350ml | |
| Raspberry / Blackcurrant | \$1.50 |
| Up and Go | |
| Chocolate / Vanilla / Strawberry / Honey Banana | \$1.80 |
| Frothy Hot Chocolate | \$1.50 |
| Fruit Slushas | \$1.50 |

FROZEN TREATS:

| | | | |
|---|--------|------------------|--------|
| Streets Paddle Pops | \$1.20 | Go Gurts | \$0.60 |
| Quelch Sticks | \$0.50 | Mini Lick Sticks | \$0.20 |
| Street Icy Twists | \$1.00 | Jelly Sticks | \$0.20 |
| Mini Calypo | \$0.80 | Frozen Yoghurts | \$1.70 |
| Juice Cups Apple / Orange | \$0.70 | | |
| Frozen Fruit Mango / Grapes / Watermelon / Orange / Pineapple | \$0.50 | | |

 * Please feel free to come into the Canteen if your child has any special dietary *
 * requirements. We are more than happy to help in whatever manner we can. *
