

***** THINGS TO REMEMBER *****

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 exceeds \$10, we will ask that the child come to the Canteen and sign for it. If insufficient money is included, the order will be adjusted accordingly. No child will go without food.

PLEASE DO NOT STAPLE LUNCH ORDER BAGS.

All frozen treats ordered with 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 be offered a sandwich. If possible, your child will be consulted.

If a lunch order is not handed in on time, your child may not get what they request.

If your child forgets their recess or lunch, they will need to obtain a blue "Basic Food Request" note from their teacher. Fruit or a sandwich will be offered. A note will be sent home 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 from the Canteen.

***** VOLUNTEERS *****

Volunteers are always needed to service such a large school, 5 days a week. 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 9am – 11.15am

2nd shift 11.15am – 2pm

Full day 9am – 2pm

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

Canteen Committee meetings are held once a month. Everybody is welcome. Details are available from the Canteen.



COUNTER ITEMS	Apple Slinky	\$0.20
	Own Apple	\$0.50
	Canteen Apple	
	JJ's Mini Packs	\$0.40
	Popcorn	
	Mini Bag	\$0.20
	Half Bag	\$0.40
	Full Bag	\$0.70
	Mamee Rice Snacks	\$0.80
	Mamee Rice Sticks	\$0.80
JJ's Snacks	\$0.90	
Pretzels	\$0.90	
Rice Cracker Mix	\$0.90	
Red Rock Deli Chips	\$1.00	
Sea Salt / Honey Soy Chicken		

FROZEN TREATS	Jelly Sticks	\$0.20
	Frozen Fruit	
	Grapes / Mango / Orange / Pineapple / Watermelon	\$0.50
	Quelch Sticks	
	Assorted Fruit Flavours	\$0.50
	Juicies	
	Tropical / Apple Blackcurrant	\$0.60
	Juice Cups	
	Apple / Orange	\$0.70
	Mini Calypo	\$0.90
Streets Icy Twists	\$1.00	
Streets Paddle Pop		
Banana / Chocolate / Rainbow	\$1.20	
Slusha		
Variety of flavours	\$1.50	



Summer 2011 / 2012

Term 4 2011 & Term 1 2012

Price list as of October 2011

(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 (Mon / Tues / Wed)

Jenelle Lockrey (Thur / Fri)



CANDYBREADS & ROLLS (Fixed Prices)		Sandwich	Roll
	Plain	n/a	\$0.80
	Honey / Jam / Vegemite	\$1.20	\$2.00
	Spaghetti / Baked Beans	\$1.50	\$2.30
	Devon	\$1.50	\$2.30
	Tasty Cheese	\$2.00	\$2.50
	Chicken Breast / Ham	\$2.50	\$3.30
	Tuna	\$2.50	\$3.30
	Salad (5 fillings)	\$3.00	\$3.80

All sandwiches are on WHOLEMEAL unless otherwise specified. White and Multigrain are also available. Rolls are white only.

SENSATIONAL SALADS	SALAD PACK	
	Lettuce, tomato, carrot, beetroot, cucumber	\$2.60
	Add 1 extra meat / roll	\$3.40
	Add tuna	\$4.00
MINI SALAD PACK		
Incl. lettuce, tomato, cucumber (or any 3 salad fillings)	\$2.00	
NEW FRUIT SALAD		\$2.50

ADDITIONS TO SANDWICHES & ROLLS AND SALADS	Salad Dressing	\$0.10
	Toasting	\$0.20
	Tasty Cheese	\$0.30
	Lettuce / tomato / cucumber / carrot / pineapple / devon	\$0.40 ea
	Ham / chicken	\$0.80 ea
	Tuna	\$1.50

Note: Although egg is not available, please be aware that there are menu items and counter items that may contain egg.

Please come and see us if your child has any special dietary requirements. We are more than happy to help.

BASIC WRAPS (Fixed Prices)		Half	Full
	GUNDAROO WRAP <i>Lavash bread w' devon & tomato sauce</i>	\$1.00	\$2.00
	ALLUNGA WRAP <i>Lavash bread w' lite mayo, lettuce, cheese, carrot & tomato</i>	\$2.00	\$3.00
	KOONAKA WRAP <i>Lavash bread w' lite mayo, ham, tomato & lettuce</i>	\$2.50	\$3.50
	TIMBURRA WRAP <i>Lavash bread w' lite mayo, chicken breast & lettuce</i>	\$2.50	\$3.50

If you would like a more personalised wrap, please use the following price guide:

2 fillings	No meat	\$2.00
2 fillings	1 meat included	\$3.50
3 fillings	1 meat included	\$4.00
4 fillings	1 meat included	\$4.50
5 fillings	1 meat included	\$5.00

DRINKS	Spring Water <i>Small</i>	\$0.80
	<i>Large</i>	\$1.00
	100% Just Juice 200ml <i>Apple / Apple Blackcurrant / Orange / Orange Mango / Paradise Punch</i>	\$1.00
	Pura Plain Milk 300ml	\$1.20
	Oak Milk 375ml <i>Chocolate / Strawberry</i>	\$1.20
	Quench 350ml (sparkling mineral water) <i>Orange / Apple Raspberry / Blue Heaven</i>	\$1.50
	Playwater 350ml <i>Blackcurrant / Raspberry</i>	\$1.50
	Slusha <i>Variety of Flavours</i>	\$1.50
	Up & Go <i>Chocolate / Banana / Strawberry / Vanilla</i>	\$1.80

HOT FOOD	Corn on the Cob	\$0.60
	Chicken Breast Nuggets <i>3 pack</i>	\$1.20
	<i>6 pack</i>	\$2.40
	Junior Pie	\$1.50
	Hot dogs (<i>all hotdogs are fat reduced</i>) <i>Mini</i>	\$1.50
	<i>Large</i>	\$2.00
	<i>American w' cheese</i>	\$2.50
	All hot dogs come with tomato sauce unless requested otherwise.	
	Toasted Cheese Wrap	\$2.20
	Noodle Cups <i>Chicken / Oriental</i>	\$2.50
	Baked Potato <i>Topped w' creamed corn OR cheese OR baked beans</i>	\$2.50
	Beta Bite Sausage Roll	\$2.50
	Beta Bite Pasty	\$3.00
	Beta Bite Meat Pie	\$3.50
	Chicken Burger w' lettuce & lite mayo	\$3.50
Cheese Burger w' tomato sauce	\$3.50	
Hawaiian Pizza Slab	\$3.50	
Bolognaise Twirls	\$3.50	
Macaroni Cheese	\$3.50	
Beef Nachos w' cheese	\$3.50	
Tomato Sauce is NOT included unless stipulated above. Sachets are an additional 20c each.		

EXTRAS	Fork / Spoon	\$0.10
	Paper Lunch Bag	\$0.10
	Toasting	\$0.20
	Tomato Sauce Sachet	\$0.20

THERE ARE NO LUNCH ORDERS ON THE LAST DAY OF TERM as the Canteen is closed for cleaning.