

***** 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		
Sea Salt / Honey Soy Chicken	\$1.00	

FROZEN TREATS	Jelly Sticks	\$0.20
	Mini Lick 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	
Light Vanilla Ice Cream Cups	\$1.50	
Frozen Yoghurts		
Mango / Strawberry	\$2.00	

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



Winter 2011

Term 2 & 3 2011

Price list as of May 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)



SANDWICHES & ROLL C (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 Add 1 extra meat / roll Add tuna	\$2.60 \$3.40 \$4.00
MINI SALAD PACK	Incl. lettuce, tomato, cucumber (or any 3 salad fillings)	\$2.00

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

WINTER WARMERS RECESS:

Apart from our normal counter items, there will also be a range of hot foods for sale at recess. The menu changes daily eg. A bowl of hot rice with sauce, garlic bread, grilled ham and cheese wraps, mini chicken snack wraps. Winter Warmers are advertised on our notice board with prices ranging from 50c – \$1.50.

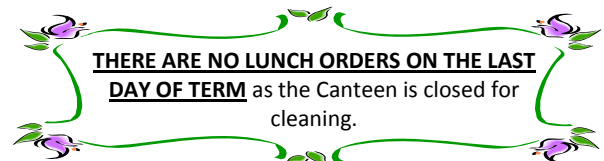
Fruit will be available when in season.

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	
	Small	\$0.80
	Large	\$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
	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
	NEW Beta Bite Sausage Roll	\$2.50
	NEW Beta Bite Pasty	\$3.00
	NEW 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.		

HOT DRINKS	Hot Chocolate	\$1.50
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EXTRAS	Fork / Spoon	\$0.10
	Paper Lunch Bag	\$0.10
	Toasting	\$0.20
	Tomato Sauce Sachet	\$0.20