

## SANDWICHES or ROLLS



All sandwiches and rolls are made fresh daily,  
with a generous amount of filling.

We use *Bakers Delight* Wholemeal or Chia Bread or White,  
Wholemeal or Multigrain Rolls or Mission Wraps

	<u>S'wich</u>	<u>Roll</u>
😊 Plain (Buttered)	1.00	1.30
😊 Vegemite	1.80	2.10
😊 Tomato	1.90	2.20
😊 Vegemite & Cheese	2.20	2.50
😊 Cheese	2.10	2.40
😊 Cheese & Lettuce	2.20	2.50
😊 Cheese & Salad	2.80	3.10
😊 Egg	2.30	2.60
😊 Egg & Lettuce	2.40	2.70
😊 Curried Egg	2.40	2.70
😊 Curried Egg & Lettuce	2.50	2.80
😊 Ham	2.50	2.80
😊 Ham & Cheese	2.90	3.20
😊 Ham & Salad	3.20	3.50
😊 Chicken	2.50	2.80
😊 Chicken & Lettuce	2.60	2.90
😊 Chicken & Salad	3.20	3.50
😊 Tuna	2.50	2.80
😊 Tuna & Lettuce	2.60	2.90
😊 Tuna & Salad	3.20	3.50
😊 Salad	2.40	2.70

**Salad includes:** cucumber, celery, spring onion, capsicum,  
tomato, beetroot, carrot, & lettuce.

**Extras** – Mayonnaise, Tomato Sauce, Pickles, Mustard .15  
- Pineapple or cheese .40



## TOASTED SANDWICHES

😊 Cheese	2.30
😊 Cheese & Vegemite	2.40
😊 Cheese & Tomato	2.40
😊 Ham & Cheese	3.10
😊 Ham, Cheese & Tomato	3.20
😊 Ham, Cheese & Pineapple	3.50
😊 Chicken & Cheese	3.10
😊 Chicken, Cheese & Tomato	3.20
😊 Chicken, Cheese & Pineapple	3.50
😊 Tuna, Cheese & Tomato	3.20
😊 Tuna, Cheese & Pineapple	3.50

*Any food/drink with a smiley face  
may be ordered every day 😊*



## SALAD PLATES

😊 <b>Holden:</b>	Lettuce Tomato Cucumber Carrot Celery Capsicum Beetroot Spring onion	5.00
😊 <b>BMW:</b>	<b>All above plus</b> Cheese Egg Pineapple Gherkin	6.00
😊 <b>Rolls Royce:</b>	<b>All above plus</b> Chicken, Ham or Tuna	6.50

## HOT FOOD

The following items can only be ordered on

*Tuesday, Wednesday, Thursday, Friday*

Pies, Sausage Rolls, Pizza Rounda, Lasagne,

✓ Potato Topped Pie 🌱🌱🌱 Soy	3.20
✓ Meat Pie (Large) 🌱🌱🌱 Soy	3.00
✓ Meat Pie (Party) 🌱🌱🌱	1.00
✓ Sausage Roll 🌱🌱🌱 Soy	2.20
Pizza Rounda 🌱🌱🌱 Soy	2.50
Lasagne 🌱🌱🌱🌱 Soy	3.50
Macaroni & Cheese with Bacon 🌱🌱🌱 Soy	4.00
Fried Rice 🌱🌱 (may contain nuts) Soy, Sesame	3.50
Vegetarian Pizza 🌱🌱🌱	3.50
Chicken Nuggets (pack of 3) 🌱🌱🌱🌱🌱 Soy	2.00
Corn on Cob	1.10
😊 Extras Tomato Sauce	.15

✓ Heart Foundation Approved foods

## DRINKS

😊 Popper 250ml 100% (Assorted flavours)	1.50
😊 Small Flavoured Milk 250ml	1.50
😊 Breaka Flavoured Milk	2.40
😊 600ml Bottled Water	1.50
😊 Bottled Juice – Apple, Orange, Orange & Mango	1.60

## DRINKS

The following drinks are only available on  
*Tuesday, Wednesday, Thursday, Friday*

Slushy 200ml	2.00
Plain Milk 150ml	1.20

## OTHER ITEMS Counter sales ONLY

😊 Fresh Fruit (Seasonal)	from	.80 - 1.20
😊 Frozen Yoghurt 🌱🌱		1.50
😊 Muffins 🌱🌱🌱 (may contain nuts) Soy		2.00
😊 Ktime twist 🌱🌱🌱 (may contain nuts) Soy		1.00
😊 Boiled Egg		.60
😊 Shredhead (cheese stick) 🌱🌱		1.00
😊 Go Gurt Yoghurt tube 70ml 🌱🌱		1.00
😊 Sultanas		.80
😊 Fruit cup 140g		1.50
😊 Cheese & Biscuits 🌱🌱🌱🌱🌱 Soy		1.20
😊 Fruit tubes 70ml		.60
😊 Assorted Items	from	1.00 - 4.50

**Recess may be ordered.**

**It is the student's responsibility to pick up the order.**



## MEAL DEALS

All meals are **\$6.00**

and include a

Small Flavoured Breaka Milk or Popper

### Monday's Deal; Aussie Combo

Cheese Sandwich, go-gurt, sultanas & moozoo cheese

### Tuesday's Deal; Chicken Stick Combo

4 Chicken Gougons, salad plate, 2 x pieces of bread and butter -   Soy

### Wednesday's Deal; Beef Combo Soy

Beef Burger (Lettuce and tomato) and fruit flakes

### Thursday's Deal; Potato Combo

2 x hash brown triangles, moozoo cheese, corn on cob & 2 x pieces of bread and butter

### Friday's Deal; Fish Combo Soy

4 x fish fingers, salad plate & 2 pieces of bread and butter

### Please Note

*The normal menu is still available on these days*

## PLEASE NOTE:

### NO CREDIT FACILITIES AVAILABLE

Please use a clean paper bag large enough to hold all the items ordered.

Please add 10<sup>c</sup> if using an envelope, as bags from canteen cost 10<sup>c</sup> & spoons 5<sup>c</sup>.

### DO NOT ORDER

*Ice blocks with orders*

**Lunch orders require the following information written on the lunch bag.**

Name .....

Class Teacher .....

Order .....

Money enclosed \$.....

Please note that we will always endeavour to fill your child/children's lunch order. However in the event that any items, which have been ordered, are unavailable, we will substitute with a similar item. We will notify you, via the School Newsletter of any price increases, which occur during the school year, and your list should be altered accordingly.

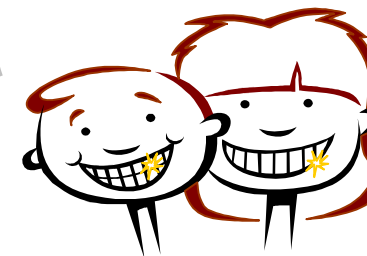
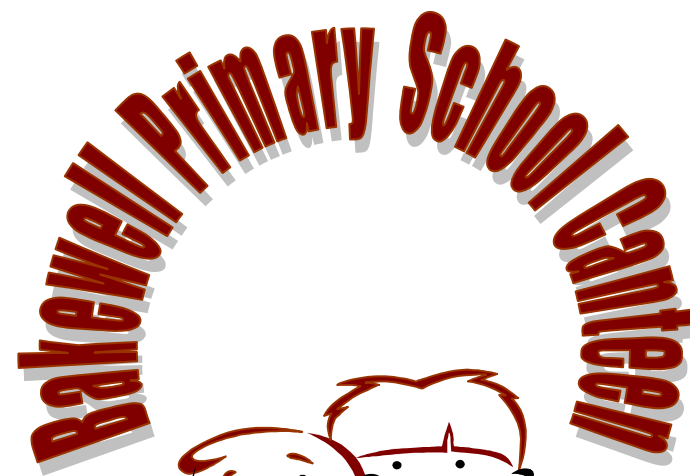
### **VOLUNTEER WORKERS NEEDED**

Would you like to have some fun, laugh and do a little work?

Can you spare some time during the hours of 8:00am – 1.30pm?

Whether this is once a week or month, any support is appreciated.

Please contact the canteen on **8931 1232** for your rostered day.



**Eat Well! Stay Well! Bakewell!**

## CANTEEN PRICE LIST July 2010

